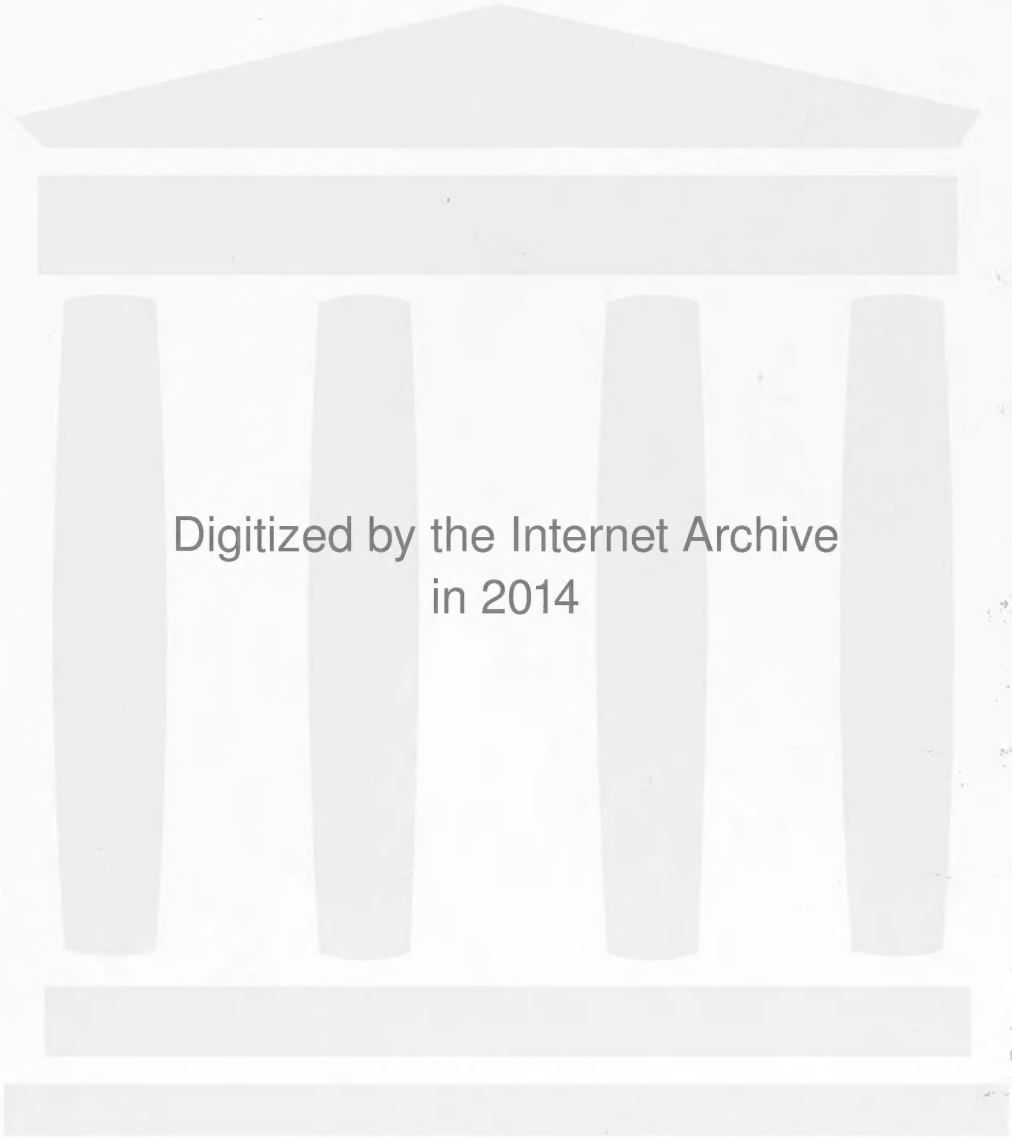
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Editor's Diary

Matters of Weight

In a continuing commitment to our readers, the *Journal* co-sponsored a conference, "Overweight: Its Special Implications for Women" with Weight Watchers International in Washington, D.C. on September 16. Pictured below, l. to r., Sherrye Henry, director of our Women in the 80s seminars, Mrs. Albert Lippert, Patricia Roberts Harris, myself, Albert Lippert, chairman of Weight Watchers, and Executive Editor John Stevens. For a full report, see page 65.

"The Happiest Part of Her Life"

As we went to press, a moving letter came to us from Eunice Shriver about her mother, Rose Kennedy. Pointing out that Gloria Swanson had offered, in the November excerpt from her book, "fifty-year-old, warmed-over gossip," Mrs. Shriver reflected on the devotion of her father to his family and the children and, above all, on the joy Mrs. Kennedy had from her 55-year marriage to Joseph Kennedy, "the happiest part of her life." We thank Mrs. Shriver for her views. She does offer another and worthy view about a woman who has always been admired by this magazine.



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THE PRINCESS AND THE PLAYBOY

Trapped in the foolish games lovers play, Princess Caroline and Philippe Junot saw their marriage crumble in the final clash of conflicting personalities. Here's what happened. See page 10 for Junot's own story.

A distinct chill has settled over the gentle hills of Monte Carlo. The high season bevy of yachts and sails has disappeared from the harbor and the glamorous spectacle of the Monegasque summer is by now a faded memory. Only the citizens of the principality remain and a workaday, even bleak, atmosphere prevails.

The winter mood in Monte Carlo is a fitting backdrop for Princess Caroline, who took up residence again in her parents' home after her divorce from Philippe Junot last October.



It seems only yesterday that the vivacious, high-spirited daughter of Princess Grace and Prince Rainier left the pink palace of Monaco to pursue a marriage that she said, "would last a lifetime." She had even spoken eagerly about motherhood and her desire to begin a large family.

But today, the bloom of first love is replaced by a sadness in her eyes and a hollowing of her rose-complected cheeks. Her hair has lost its sun-flecked sheen and a measurable weight loss gives way to a drawn and weary carriage. The unhappy demeanor is an outward expression of the touch-and-go events that ultimately led to the dissolution of her marriage to Phillippe Junot, a man 17 years her senior.

"Ending a war must be a lot easier than ending a marriage," Caroline told a friend just after her divorce. "For at least you would know it's a declared enemy you've been negotiating with. And there is something honorable and desirable about suing for peace."

It must be doubly hard for Princess Caroline, 24 this month, to come to terms with the disappointment of her failed marriage as Monte Carlo gears up for yet another milestone celebration. Ironically, plans for the silver wedding anniversary of Rainier and Grace are taking shape around their newly divorced daughter. Even more unsettling, paparazzi have found Junot ensconced in his old jet-set haunts, flanked by gorgeous women, resuming the lifestyle cynics say he never abandoned.

"Caroline has learned a sad lesson," says one of her closest Parisian girlfriends. "She's even *(continued)*

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PRINCESS AND THE PLAYBOY

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admitted her parents were right all along.

"When she married, Caroline was an innocent. She looked a very beautiful, mature woman, but inside she was still a child, playing with first love. Now, as a result of this very painful experience, she's fully grown up."

Tried for reconciliation

Right up to the very end, Philippe tried for a reconciliation with his estranged wife. But communication between him and Caroline was completely severed after her return home. In the last few weeks before the divorce, the palace switchboard received dozens of phone calls from Junot, but none was put through to Caroline.

To be closer to the palace, Junot left Paris and moved temporarily to the home of his divorced mother, Lydie Chassin, in Cannes. "He seemed to think that by talking to Caroline, he could put everything back the way it was. In some ways, Philippe is just like a little boy. He didn't know when to stop, when to let something go," said a relative of Junot's.

"Caroline wanted no part of a reconciliation," observed her friend. "She saw herself as the perfect wife and wanted to be the perfect mother. She worshipped the ground Philippe walked on, and he destroyed all that. She has been dreadfully hurt."

"What brought her down most was the tremendous feeling of having been betrayed," said another close friend of Caroline's. "Divorce was what she wanted—and quickly. Caroline was just as determined to be free of Philippe as she had been to become his bride."

The divorce became final last October 9, and no annulment was requested. "Certainly not of the Vatican," said Lacoste at the time. "And it is a difficult question as to whether an annulment will be requested if she should marry again," Lacoste explained. "It depends on who she marries. Divorce is a legal matter, the religious aspect is a personal one."

Were the Grimaldis, Caroline's family and prominent members of the Church, humiliated by the divorce?

"No," said Lacoste. "The fact that their child was miserable was the overriding factor. This concerned them more. After all, Grace's elder sister, Peggy, has been divorced and remarried. We are in 1980 and divorce is not unheard of. It would be hypocritical to stay in a bad marriage just because the neighbors might exclaim over getting a divorce."

In the weeks after her divorce, Caroline withdrew to the family farm, eight miles up the mountain from the royal palace. There she swam alone and played tennis with her sister—when she was home from school—and ran with her dogs.

"She has not gone to the showings of the couturiers, as she normally does each year," said Lacoste. "She couldn't, because she would have twenty thousand photographers pursuing her.

"It takes some time to get over a hurt like this, and she's generally agreed only to start up her life again once the divorce publicity has died down."

In time Caroline will begin to attend gala events, most likely with official escorts, and she is weighing several alternatives for continuing her education.

Among her projects is the novel she has contracted to write with the major French publishers, Edition No. 1, and she is currently studying creative writing.

It is hard to believe that only three years ago this month, an ecstatic Caroline bounded onto the bed of her cousin and close confidante, Grace LeVine, at two A.M., shouting, "Guess what, guess what! Philippe has proposed!"

It was glazed infatuation for both the Princess and the Parisian playboy. She was taken by his worldliness, his ease and familiarity with society nightlife, the promise he provided for escape from the staid conventions of royalty. "Philippe has given me the first freedom I have ever known in my life," she said at the time of the engagement. For Philippe, too, it was genuine affection. "She is interested in everything," he said of his bride-to-be. "Her liveliness, vitality and constant good humor are contagious."

Why, then, did this fairy-tale romance turn to dross so quickly? What went wrong? It would almost be easier to account for what didn't.

Though cynics predicted the marriage wouldn't last, there's more to the story than a flip "I-told-you-so." It is a story of misguided personal choice for both the young Caroline and playboy Philippe Junot. Each satisfied temporary needs in the other and each learned that love is not always enough to sustain a marriage.

"A marriage isn't a romantic love story without end. It is a continuity of concessions," said Prince Rainier before the wedding. "I told Caroline that if she wanted to spend the rest of her life with Philippe, she must give up many things."

Yet sadly, it was close to impossible for Caroline and Philippe to make those concessions. Perhaps it might have worked had the couple not begun their life together in the relentless glare of the world's Klieg lights.

Family opposition

The Grimaldis opposed the union. It was common knowledge that they thought the Princess was too young to marry. But a determined Caroline weathered the family rumblings that preceded her Monte Carlo wedding.

Then, on returning from their honeymoon, the spotlight that has been on Caroline since childhood intensified, and the couple faced more public ogling:

- Humiliatingly, reporters had entered the couple's new Paris apartment and the whole world knew the color of their bathroom wallpaper.
- Rainier threatened to sue a magazine that revealed the couple's address.
- Within a few months, the world's press began printing stories of pregnancy and miscarriage. "No woman has ever had so many babies without ever being pregnant," quipped Lacoste.

Any couple has many adjustments to make in the first year of marriage, but for Caroline and Philippe, the adjustment would be especially challenging—not only because of their age difference, but because of their personalities.

A dreamer by nature, with a strong intellectual bent, few realize that Caroline is fluent in French, English, Spanish and German. A voracious reader, she is knowledgeable about art, music, antiques, history and literature. Admittedly a public person only by accident of birth, it is against her nature to party nightly with people whose lives revolve around being seen and photographed.

Unlike the woman he married, Philippe enjoys publicity. He is a man of action, never tiring of parties and the heady nightlife of Paris. Caroline, on the other hand, wanted a more sedate lifestyle once she was married, preferring to spend evenings at home with her bridegroom, reading, watching television and retiring at an early hour.

Soon, yet another pressure—perhaps the most destructive—was brought to the marriage. The Paris parlor game, "How-Long-Will-This-Marriage-Last," became "What-Does-Philippe-Do-for-a-Living?"

"It is the one question I hate being asked," Junot told an interviewer at the time. And the Palace's official, if vague, description of "financial adviser to international investment houses" didn't help.

Accused from the beginning of being a "dowry seeker" in marrying into the royal family, Junot's masculinity was threatened and he set out to prove that he was capable of being a provider. Almost overnight, Philippe's virtual sleeping partnership in the Miller Group, a Montreal-based real estate consulting company, burgeoned. Junot threw himself into his money-making ventures and became a regular transatlantic commuter.

"Before marriage he was a playboy who didn't worry about money," said a friend. "Now he's become a sensible businessman and very successful. He's met all his obligations and no one can say he is financially irresponsible."

But cynics were still disdainful of the newcomer on the financial scene, saying Junot was using his royal contacts to succeed in business. Still others insisted that he was being used by business associates because of his connection to the palace.

Whether either assessment *(continued)*

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PRINCESS AND THE PLAYBOY

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was accurate, there is no doubt that marriage to a European princess paid off. Though business boomed after his marriage, friends believe that it was also the cause of the breakup. Said one: "As Philippe became more successful, he traveled more and more around the world. He became more involved in his work and left Caroline a 'sit-at-home bride.'"

Incident at Studio 54

If there was a cloud threatening to shadow the couple's contentment, it only darkened when one of Philippe's business trips to Montreal ended with a visit to a New York discotheque, Studio 54, an hour's plane ride away. Caroline believed her husband was on a one-day business trip in Canada. But paparazzi spotted Junot in the discotheque with a former girlfriend, Countess Agneta von Furstenberg, "dancing like he was making love."

Philippe claimed at the time that the encounter with Agneta was an innocent coincidence, but it set in motion the destructive merry-go-round that would eventually bring the marriage to a close.

When the escapade hit the European newspapers, Caroline was distraught. There were tears—and then a snapping of the quick temper that had earned her the nickname "Max the Menace" when she was a child. Apparently bent on showing Philippe that she could enjoy herself without him, Caroline retaliated by visiting the chic Castel's nightclub with former boyfriends. A childish response, perhaps—but an understandable one for a woman who felt publicly humiliated.

The truth of what happened in New York between Junot and his glamorous former girlfriend was lost in a whirl of naive, official denials, but the crunch was that Philippe had been caught being massively indiscreet.

Prince Rainier and Princess Grace were outraged—and markedly cooler to Junot, even in public.

Junot's response to these pressures was to lash out at the press. Shortly after his return from his ill-fated North American trip he scrapped with photographers who had been trailing him.

"Come on and fight if you're men!" exclaimed Junot. "I prefer being thumped in the face to attacks in the press, which hurt more."

Six months after the Agneta von Furstenberg incident, the merry-go-round began whirling even faster.

Philippe was off on a return trip to New York and again was spotted by photographers, this time with model Giannina Facio. (It was she who was Junot's companion in Turkey—identified as his "secretary"—when the palace announced that the marriage was over a year later.)

Caroline flew to New York several days after the photos appeared in the world's papers. There the couple spent time together, but rarely looked happy in each other's company. When asked about problems in the marriage, Caroline said flatly, "This is still a marriage."

During that winter, Caroline kept a low profile. Junot, however, was frequently photographed in New York and always with a stunning woman on his arm.

At the beginning of their relationship, Caroline had found Philippe's jet-set lifestyle liberating. But now, the image began to hurt: "I do nothing depraved, decadent or scandalous—but a monstrous picture has been created of me," said a distressed Caroline.

Finally, their private problems spread over into their public life. The major blowup between the couple came last summer during the gala ball that followed the Monaco Grand Prix. In front of everyone, Caroline had a row with Junot, turned her back on him and stormed out.

Then, in a surprising turnaround, Caroline's name was linked with Roberto Rossellini, the son of Ingrid Bergman and film director Roberto Rossellini. Caroline had dated the young Monaco real estate tycoon the year before she married.

"They became very close a year before Princess Caroline married," said Rossellini's uncle, Renata, who lives in Monaco. "But it wasn't a love story then and I don't believe it is a love story now. Our family has known hers for the twenty years we have been in Monaco."

Clearly, Roberto, described by friends as "sweet, quiet, very different from Philippe," provided Caroline with a sense of calm through her turmoil with Junot. "Compared to Rossellini, Philippe is an earthquake," says a friend of Junot's. "Philippe is fond of a good time, all the time. I don't think he is a man who should be married. He has a lot of girlfriends scattered around, and anything goes when he's in the mood. That's Philippe."

Some of Junot's friends, however, blame Caroline for the collapse of the marriage. Says Gilbert Maira, Junot's former roommate: "Some people let off their anger in emotional scenes. Philippe lets off his in encounters with women. Other women to Junot were a symptom, not a cause of his unhappy marriage."

By last June, the time of the Junots' second wedding anniversary, it was clear the marriage was all but over. Philippe was unable to spend the anniversary with Caroline. Business in the States came first.

Though the palace remained discreet ("Every marriage has its ups and downs. Philippe and Caroline are human"), insiders knew their problems had put a deep wedge between them.

To Philippe, the tumultuous events of his two-year marriage to the princess may have seemed normal. In his circle, gameplaying, rifts and spats were not that unusual. He even seemed to believe that his problems with Caroline were something she'd get over in time.

"There are two stages to every marriage," Junot observed. "First, amusement, then reflection. Our marriage is gradually entering the second stage."

But much to Junot's surprise, there would be no second stage. And it was only a short month after his naive assessment of his marriage that Philippe—and onlookers—learned that the marriage was finally over. The news came at the height of the social season in Monte Carlo, when 1,000 guests gathered for the annual Red Cross Ball on August 8. Early in the evening, Princess Caroline arrived at the gala event with her parents, not her husband. Junot was traveling in Turkey with Giannina Facio.

Finally, the palace issued its formal statement: The marriage is over and divorce undoubtedly will be the next step.

Said Junot: "I'm astonished by the official palace announcement. Caroline and I had agreed to wait until September 1 before making a decision about the future of our marriage."

Whether Junot was prepared or not, Caroline had made a decision—one that would prove irreversible.

PHILIPPE JUNOT'S OWN STORY

Just days before Princess Caroline was granted her divorce from Philippe Junot, the writer was in Paris on business. There, in Castel's, one of the city's chic nightclubs, she ran into Junot who spoke with her at length about his failed marriage. By Diane de Dubovay

As I entered Castel's downstairs disco—that intimate corner reserved for special friends—I recognized Philippe Junot. Surrounded by a coterie of beautiful girls, Philippe, tanned and fit, still wearing his wedding ring, seemed gay and exuberant.

I had met Junot a year earlier in Monaco, when I interviewed him and Caroline for *Ladies' Home Journal* about their supposedly blissful marriage. Now, I was not only surprised, but genuinely sorry that the marriage appeared ended.

Sitting across the table from Junot, I expressed my regret. "Thank you," he said softly. "I don't want the divorce. I still love Caroline. I think divorce is ridiculous. But it is moving in that direction—and I won't do anything to hold it back."

Later, with stoic resignation, he would tell me, "If one falls out of love, or things go wrong and there is no chance of saving it, it is better to break up *(continued)*

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PRINCESS AND THE PLAYBOY

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promptly and completely—to make a surgery. Still," he added plaintively, "I hope that Caroline and I can remain friends. She is a wonderful person and we have shared much together." Yet even as he said this, one sensed Philippe's realization that remaining "friends" with old loves is, at best, an ambiguous endeavor.

"We had some problems, Caroline and I—like all couples," Philippe observed as he began recounting his side of the story. "But being public persons, we weren't allowed the privacy to work them out. There were problems with her parents. I like them. They are great. But they saw Caroline unhappy at a certain moment—and everything got exaggerated. I should have been stronger and not allowed the press—or anyone—to intrude.

"What I wanted was time for Caroline and me to be alone together and work out our problems. But her parents interfered and the whole thing became impossible.

"Ideally," he continued, in the manner of a man who was genuinely trying to understand what had gone wrong, "what I want in a woman is someone who can be an accomplice and a companion. I would like to have an unspoiled woman—a woman who early in life learned how to manage her own life. Not someone who has been protected and had things done for her. The consequence is that such a woman is not armed to deal with life.

"Caroline is very special, but she is not as much aware of what life is about as a girl of her age should be. In other ways—culturally and intellectually—she is much more mature than almost anyone I have ever met of her age. But it is insidious. This overprotection, which results in an inability to cope with the reality of life.

"Life is made of difficulties," Philippe explained. "And for a man, creating a profession is not only very difficult, but very important. Caroline was not at all interested in my business. It's not her fault. She was just programmed in a different way. But in a relationship, both a man and woman need admiration. And if a man succeeds in his business—even in a small way—he needs to be admired by his wife. Caroline never seemed the least bit aware of this.

"Also, being in the public eye modifies your spontaneity, which is bad—because your spontaneity is yourself. So you are always obliged to play a role—to face the people. Not only the photographers waiting for you in the street, but with people inviting you out—not for yourself, but because you are a public person. People are not sincere with you.

"If I married again, I would like a more private life. I would be more devoted to my wife. I would try to understand her more and I would choose someone who is not so involved in her own evolution as Caroline was. She was going through so many changes—psychologically, emotionally, intellectually—that it was hard to keep up with her.

"As far as fidelity is concerned, I think as long as the man respects his wife and doesn't make an affair obvious . . ." He trailed off. "The press is responsible for creating an atmosphere of infidelity between Caroline and me, which does not reflect the reality. But I mean, it *deeply* created a bad atmosphere. When Caroline saw that photograph of me dancing at Studio 54 with Agneta [von Furstenberg], she was very upset. Caroline had a tendency to think—if he does that, why shouldn't I pay attention to other men? So more and more she began to flirt and to invite the attentions of other men. But one day this kind of behavior reaches a point where it completely changes the relationship, and the trust is gone, which is exactly what happened to us.

"It's true that there was some conflict between Caroline and me because of the fact that I like to see people and be with my friends a lot and she doesn't. We didn't resolve this problem. We could have adapted ourselves—both of us. But we didn't have enough time.

"I was very attentive to Caroline—always. But if I had it to do over again, I would be more concerned to find out exactly who she is and I would have tried to be with her more instead of devoting so much time to my work. I haven't reached the success yet that I would like to achieve in business. But I should have paid more attention to Caroline because she is very delicate, cultured and intellectual—and I should have done more about that. It may sound trivial, but we should have done more things together—like going to the theater, living a quiet life, going to art exhibits and the ballet—all the things she loves so much. Because, after all, business is not that important. I succeeded in my business, but failed in my private life."

Financial settlement?

I asked Philippe about the rumors that he was seeking a large financial settlement from Prince Rainier in exchange for agreeing to a divorce from Caroline. "That's as stupid as if you said I was tall and blond," Philippe retorted in a patient, but offended tone. "There is no truth to it at all. I'm independent. The fact that I married Caroline never helped me in any way in my business. It didn't hurt me either," he added. "But I was always independent. I don't know how it is in America. But for a man in Europe, even if he goes with or marries a woman who has her own money, there is no question of her sharing the costs of their life together. If he goes with her, he pays for everything. It is understood. And what she does with her own money is her own business."

What about his relationship with Giannina Facio? "It's nothing," he insisted. "She's just a friend." And the trip to Turkey together? "Giannina went to Turkey on holiday to meet her boyfriend. I was there on business for just 36 hours. We happened to be on the same plane." "The newspapers described her as your 'secretary,'" I reminded him. "That was the invention of the Turkish reporters," he replied.

A palace opinion

The day before my meeting with Philippe, I had lunched with Nadia Lacoste, the palace spokeswoman who has known Caroline since birth and is as loving and protective of her as a second mother.

"What happened?" I asked. "Well," she replied thoughtfully, "Philippe was in his late thirties when he married Caroline. He had had flirtations, affairs, many women. Caroline thought he was ready to settle down. But he wasn't. He didn't.

"Philippe is charming and pleasant," Madame Lacoste continued, "but he is emotionally shallow. Obviously he is not capable, at his age, of settling down to one woman. It is clear that he *can't* change, even if he wanted to. The constant photographs of Philippe with women in discotheques were both hurtful and humiliating to Caroline. It's only surprising that she put up with it as long as she did. If at least his infidelities had been done discreetly . . ." she sighed.

And what, I wondered, would Caroline do now? "She is miserable right now," Madame Lacoste admitted. "She is suffering. Caroline is a very bright girl and I am sure she will do something with her life and her talents.

"But right now—in her state of mind—she can't do anything. She can't concentrate. You have to have peace of mind to do something with your life—and right now, she doesn't have it. I'm sure when this is over. . . . But you just don't stop loving someone in one day—no matter what has happened. Caroline's love for Philippe has not turned to hate. She still loves him. . . . But she is very hurt and it will take her a long time to get over it. I haven't asked her how she feels . . . and I wouldn't. But it is just a question of how long can she keep things bottled up inside of her before she explodes."

At my next meeting with Philippe, I mentioned that Nadia Lacoste had told me that Caroline was hurt—so hurt she couldn't do anything. "What about you?" I asked. "Are you suffering too?" "Yes, I am hurt," he admitted. "It is painful to separate when you have been living with someone. But I don't let it get me down. My solution is to work hard. That is my therapy. I go to the office very early and work hard all day."

Nothing against marriage

Would he marry again? "Right now I wouldn't even think of it," *(continued)*

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PRINCESS AND THE PLAYBOY

continued

he replied. "But yes, I have nothing against marriage. I am quite normal. I want marriage, children, a home. It is wonderful to be in love.

"But I knew nothing about marriage," he admitted, "since I had never been married before. Now I know what to avoid. In marriage you have to be tolerant. Caroline takes very harsh decisions. She tends to overreact to situations that upset her instead of trying to work them out together. Compromise is not a part of her nature."

Later we were joined by friends of Philippe's: Patrick, a business associate and close chum of some 20 years, whose business dealt in commodities; and Daniella, the worldly young daughter of a wealthy Italian shipowner.

The conversation, almost completely in private-signal French—the kind of argot in which only close friends would engage—was a light, quick-witted compendium of jokes, affectionate barbs and double-and-triple entendre. As we spoke, rumors were rampant in Paris that Caroline was on the verge of a nervous breakdown. So Patrick sardonically taunted Philippe with, "If a woman wants to crack up, all she has to do is get married to you." Then turning to me, he confided, "Philippe has two vocations, you know—real estate and lovemaking, and he pays big dividends on both." Then noticing Philippe's embarrassment, he added, "I say this out of twenty years of love."

Ironically, "L'Affaire Caroline" has not dampened, but rather has enhanced Philippe's reputation as a lady killer. He has a full life. Caroline, on the other hand, is devastated. Clearly, she needs to allow herself a time of mourning and recovery.

As Princess Grace and Prince Rainier plan for their 25th wedding anniversary, one can only hope that should Caroline ever marry again, it will be as happy and as long-lasting a union as that of her parents. **End**

THE WAY IT IS

By Diana Der Hovanessian

If the fire of grief gave off smoke,
the world would be plunged into dark.
—Near Eastern Proverb

Then, if love gave
off its own warmth
and dreams transmitted
glassy light,
if the past shone
like bottled fireflies,
time would remain
day and night.

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Photo by Grant Edwards

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Can This Marriage Be Saved?

Dawn was headed for success, but Gary had no direction at all. When a husband and wife take such different paths, can they find their way back to love?

By Betty Hannah Hoffman

"We No Longer Share the Same Dreams"

This case is based on information from the files of the Berkeley Therapy Institute, a nonprofit counseling clinic serving the greater San Francisco area. The true story reported here is drawn from counselors' reports of interviews. Names and other details have been altered to conceal identities. The counselor in this month's case was Hilary Goldstine, PhD.

DAWN'S TURN

"Gary and I seem like strangers," began 33-year-old Dawn, a slim, striking insurance executive whose light blue suit accented her blue eyes and auburn hair. "We've been married twelve years," Dawn continued, "and most of that time we've been deeply in love. But now Gary is aloof and withdrawn.

"Though he won't admit it, Gary is extremely jealous of my career—I earn three times his salary. His job is at a dead end, while mine is blossoming. I think success has been great for me. Gary doesn't see it that way. He says I'm no longer the carefree girl he fell in love with, that I've become stuffy and bossy.

"In some ways, Gary's right. When we were first married, in the late sixties, we both craved adventure. We backpacked through the Rockies and crossed the country on a motorcycle. One year we lived just off my salary and saved his to finance a six-month trip to Europe. When we returned to California, dead broke, my wanderlust was satisfied, but not Gary's.

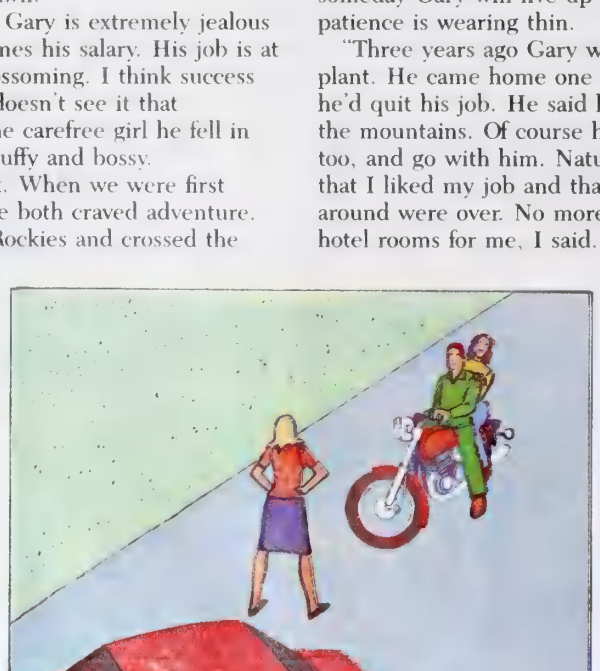
"I guess it's ironic that Gary's zest for adventure, which is driving me crazy now, is what originally attracted me to him. In the old days his life seemed so exciting in comparison to mine. My childhood was nothing but hard work.

"Mother, who deserted my failure of a father when I was seven, made me the second parent in the family while she worked and dated. I remember vividly how I longed to have a mother like everyone else's—someone who would bake birthday cakes, tell bedtime stories and take care of me when I was sick. Instead, I ended up doing those things for my younger siblings, although just a kid myself. Sometimes, when the responsibilities became too much for me, I'd explode.

"Mother and Gary don't get along at all. He thinks she's a snob because she's part of the New York social set. She complains to me that Gary is just like my father and will never amount to anything. Just an hour before our wedding she pulled me off to a side and whispered, 'It's not too late to back out.'

"Although I never used to agree, I'm beginning to suspect that Mother is right. I keep hoping that someday Gary will live up to his potential. But my patience is wearing thin.

"Three years ago Gary was working in an automotive plant. He came home one day and suddenly announced he'd quit his job. He said he'd decided to go hiking in the mountains. Of course he wanted me to quit my job too, and go with him. Naturally I refused. I told him that I liked my job and that my days of bumming around were over. No more sleeping bags and dingy hotel rooms for me, I said. So Gary went off by himself. Two weeks later he returned all aglow. He'd had a revelation, he said. He finally knew what he wanted to do with his life. He would help the underdogs of society—ex-convicts, drug addicts, the emotionally disturbed. I was so pleased with his enthusiasm for some kind of career that I agreed to help put him though two years of graduate school in psychology. I now regret that I did. Gary's no closer to a permanent career than when we were first married. He keeps threatening to leave his job as a mental health worker all the time.



"Gary's erratic

behavior made me feel terribly insecure and depressed. I found that it helped to talk to someone. My best listener became Joe, an older man and my mentor at work. As we talked I couldn't help but compare his maturity to my husband's adolescent behavior. Gary seemed like such a baby.

"Although I found Joe attractive, I had no intention of becoming involved with him. I knew that he had a wife and two kids in the suburbs; he had been open with me. But it happened anyway. One night we made love. The next thing I knew, Joe had rented a small apartment just for the two of us,' he said.

"Having a lover was exciting. I've always enjoyed sex more than Gary has. And Gary had lost, it seemed to me, whatever little interest he'd had. His idea of physical closeness is holding hands and watching the sun go down. Joe, on the other hand, was an enthusiastic and masterful sexual partner. I lost my head and decided to move in with him.

"When I came home and told Gary I was leaving he just gave me one of his cold, noncommittal looks. 'If that's what you want,' he said, 'go ahead.'

"So I left, but not for long. After five nights in our little love nest, I saw Joe as selfish and domineering. It gave me a new perspective about Gary. Whatever his shortcomings, I realized he was my true love.

"I moved back home and Gary and I started to plan a new future together. We decided to buy a house and start a family. But it's been a year now and I'm still not pregnant. We did buy a house, a wonderful old Victorian. It needs a lot of work. We knew we would have to do a lot of renovating ourselves, but Gary won't lift a finger. So I do all the fixing, plus cleaning, marketing, cooking and mowing the lawn. I also earn most of our income. I feel like Cinderella again, as in my childhood.

"The infuriating thing is that when I return from work, tense and exhausted, there's Gary, sprawled on the patio furniture looking tanned and relaxed. On weekends, instead of helping with the house, he disappears into the hills to watch the hang-gliders. Then, when he returns, I find myself screaming at him, calling him an overaged hippy. He just tunes me out.

"These days he's completely cold and remote. I don't feel as if I know him anymore. And furthermore I don't believe he'll ever become a full-fledged adult. But I do know, because I have proven it to myself, that I can manage without his help. If he doesn't shape up soon, I'm through."

GARY'S TURN

"Dawn and I used to share *(continued)*

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Chocolate Chip Cookies

2¼ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
½ cup margarine or butter, softened
½ cup shortening
¾ cup granulated sugar
¾ cup firmly packed brown sugar
2 eggs
1 teaspoon vanilla flavoring
1 cup KELLOGG'S® ALL-BRAN® cereal or KELLOGG'S® BRAN BUDS® cereal
1 pkg. (6 oz., 1 cup) semi-sweet chocolate morsels

Stir together flour, soda and salt. Beat margarine, shortening, granulated sugar and brown sugar until well blended. Beat in eggs and vanilla. Mix in dry ingredients. Stir in cereal and chocolate morsels. Drop by level measuring-tablespoon onto greased baking sheets. Bake at 350° F. about 12 minutes or until lightly browned. Remove from baking sheets. YIELD: 5 dozen.

Variations: In place of the All-Bran cereal, use 2 cups KELLOGG'S® 40% BRAN FLAKES cereal. Or crush 1 cup KELLOGG'S® CRACKLIN' BRAN® cereal to coarse crumbs.

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Can This Marriage Be Saved?

continued

the same dreams, but now we're becoming total opposites," said Gary, a broad-shouldered man in his early 30s, dressed in jeans and a plaid lumberjack shirt. "We were happy together when we lived a simple life," Gary continued, "but now Dawn is as materialistic as her mother.

"Since the day she started her job at the insurance company, she's gone overboard with the women's movement. She's arrogant and overbearing and she seems to enjoy pushing people around. I'm proud to say I'm not like her at all. I try to get close to people. I respect them as individuals and I respect their right to live as they choose.

"Dawn thinks I'm worthless. She would have destroyed my self-image entirely if it weren't for my mother. She gave me a positive outlook.

"Mother was a wonderful person—strong and cheery and independent until she developed a spinal problem that restricted her to a wheelchair. My father, on the other hand, was hard-nosed and nasty. He was so embarrassed by Mother's handicap that he refused to appear with her in public. He had no sympathy for weakness of any kind.

"Dad never expressed feelings to me, except to criticize my lack of motivation. He was determined that I graduate from college with honors. I was equally determined to take life easy, and I did. My only real accomplishment in school was meeting Dawn.

"She was eighteen then—a feisty, sexy redhead. She seemed to have her life in control. It turned out that she was much more vulnerable than she looked. Actually, she had very little self-confidence; she began to lean on me for all the big decisions.

"After college, Dawn went home to her mother. I never went home again. I couldn't bear to see my mother wasting away and I despised my father. I was at loose ends. I bought a secondhand motorcycle and drove seven hundred miles nonstop to see Dawn. I persuaded Dawn, despite her mother's intense chagrin, to hop on the back of my cycle. We headed for California.

"For a long time we traveled about like tumbleweeds, soaking up new experiences. Eventually, however, Dawn wanted to settle down. We married, she found a great job and that started me thinking about my own future.

"One day I climbed to the peak of Grand Teton mountain and asked myself, 'What do I want out of my life? What kind of work would make me happy?' I knew a job with a big salary and status just wasn't important to me. I joyed helping people, so I decided earn a graduate degree in psychology.

"For the next two years, I devo myself totally to my studies and felt f challenged for the first time in my lif was rewarded with straight A's. grades made me ecstatic; I felt I was the right track at last. But Dawn's a tude baffled me. Instead of be pleased, she complained bitterly ab my long hours of study and said I neglecting her.

"At one point, although I didn't rea it at the time, she began seeing some else, an older man from her office. always been attractive to women but never felt any desire to play around assumed Dawn felt the same way. when she announced she was moving with Joe, I was rocked. However, sinc believe in letting people live their o lives, I made no move to stop her.

"Inside I was terribly angry and pressed. I tried to ignore my feelings I was still troubled and lonely. One ni I returned to our drab apartment and s a lump in the bed. It was Dawn.

"I hesitated a long time. I had t choices—to walk out for good, or resu our marriage. I finally slipped in besi her. But I haven't entirely forgiven her

"After this episode Dawn changed. S became less interested in my career a more in her own. I'm secure enou

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BIRDS EYE

Our vegetables and your hamburger can ma

ɔt to be threatened by a liberated ɔman, so I urged her to shoot for the p. The day she became an executive, e celebrated with champagne. Now she's otting to become a department head.

"As soon as I finished my graduate ɔrk and found a job in a halfway house, awn insisted we start house hunting. I und my new job an emotional drain and eeded time to sit and reflect and recoup y energies. Instead, we spent every ght for the next six months traipsing all er the county. Finally Dawn settled on house that took every cent of our sav- gs, which means there won't be any ıcations for a long time.

"Dawn wanted the place put into per- et shape at once and made endless lists ır me to do in my all-too-limited spare me." She also was determined to start a mily. Every morning she took her tem- erature and if it indicated her time of vulation, she'd say, 'Tonight's the night!' he turned sex into something grim and nechanical. After a whole year of this, ith no results, I began to avoid sex ecause I couldn't bear to see her disap- ointment every month.

"Ever since Dawn's promotion, we bat- le constantly. She has become so domi- eering I can hardly stand her. She barks ommands like a general and then won- lers why I'm not as loving as before.

"In recent months I've been seeing a ollege student who is a volunteer at the halfway house. She's bright, attractive and she admires me. We haven't made love—yet. But if Dawn continues to treat me with contempt, it won't be long."

THE COUNSELOR'S TURN

"There will be times in any marriage when values and goals clash," said the counselor. "When it occurs, couples tend to take polarized positions.

"When she first met Gary, Dawn was a charmer willing to go along with anything that would please him since she had no real sense of her own identity or goals.

"But as she grew more desperate about Gary's instability, and began to advance in her own career, Dawn adopted a tough image—although inwardly she lacked faith in herself. She covered her insecurity with displays of anger.

"Dawn had no idea how powerfully she came across to others. And, unaware of the cause of her anger, she didn't ask for, and Gary didn't offer her, reassurance. Their quarrels continued, and soon after starting therapy, they separated.

"I continued counseling the couple after the separation, helping Dawn learn how to control her anger and overcome feelings of abandonment and betrayal when Gary didn't leap to obey.

"Gary began to stop his self-righteous posturing and develop a more mature sense of responsibility. He too had been scarred by childhood. He viewed his parents' marriage as joyless and loveless—and he blamed his father. As a form of punishment, Gary decided to rebel against anything his father might possibly approve of, including a worthwhile career. This childish revenge hurt Gary, of course, more than it punished his father. When I pointed this out, Gary realized he had to change his destructive pattern.

"Both Gary and Dawn experienced great personal growth during counseling. The turning point in their relationship, however, occurred by happy chance. One day Dawn came across Gary and his new love, the student volunteer, riding together on his motorcycle. Dawn chased them in her car, pulled ahead, and accosted the girl: 'This is my husband, do you hear? Get out of his life! What right do you have to break up a marriage!'

"Gary was entranced. This was his old Dawn, full of fire and passion. He decided to go back home.

"Encouraged by Dawn, he resigned from the halfway house and returned to school for another advanced degree. Although his salary still does not match Dawn's, he's happy with his new position on the faculty of a community college.

"In addition to their careers, Gary and Dawn have a new job—raising their six-month-old son. The baby, they report, has brought them even closer together, and they no longer feel like strangers with a marriage license." **End**

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What's Happening

In response to Gene's recent column attacking movie violence and its offense to our children, readers have overwhelmed him (and us) with letters expressing their feelings. Here is a sampling.



Gene Shalit

Violence in the Movies—Readers Talk Back

Journal readers strike back!

You have flooded the *Journal* with letters applauding and condemning my October column, which cried out against the obscenity of violence in American movies. The column called for the abolition of the current rating system (G, PG, R, X) and for an end to a Rating Board supported with money from the motion picture industry. That board, wrote one reader, "is like the wolves guarding the sheep."

So many letters poured in that it is impossible to print them all, so we've chosen samples that give a representative reader cross section (and readers from every section were cross!).

This outpouring dramatizes the relationship of the *Journal* and its readers: Response and Involvement.

Your letters *will* have effect, because they confirm Shalit's Law: "Write makes might."

The damage being done to our children's minds by these "PG" and "R" rated films is as chilling as putting poison in the popcorn.—*Eileen Frick, Suffern, N.Y.*

I don't think the blame altogether lies with the movie makers. After all, they won't make a "G" movie because Hollywood has found that people won't pay to see it. I think they give us what we ask for.—*Jo Storie, Oklahoma City, Okla.*

The more our youth (from small children through upper adolescents) sees violence and such "garbage," the more lulled their sense of caring becomes, and they start accepting it as just an ordinary occurrence. A sick, apathetic attitude is definitely not what our youth needs.—*Sherrie Clements, Sagle, Idaho.*

I am shocked that a respected film critic would suggest not just censorship, but police state tactics. Parents are "grown up" enough to decide what movies they would like their children to attend. Yes, I've been fooled into going to an "R" movie that has turned out to be more violent than I would have liked, but I've also been fooled into not taking my child. Why was *Private Benjamin*, Goldie Hawn's comedy, given an "R" for instance? My child will not be damaged forever by seeing a less than suitable film. Let me spend my money as I wish, please. Control "free" television if you like . . . we ban that at our house. Overprotection by the state is dangerous to your mind.—*Dr. Caroline Feller Bauer, Portland, Ore.*

I am 15. I think that your crusade, and the crusades of others, to restrict the viewing rights of children further than they have already been is despicable. The censorship role belongs to the parent. If a parent is irresponsible enough to allow a child to see *Emmanuelle*, then it's likely that the said child is already so disturbed as to sufer few ill effects from such a film. Secondly, an argument used for the restriction of certain violent dramas to children is that they are a cause of nightmares. This is ridiculous. (A) Most children have nightmares about dogs. No one has ever seriously suggested that we exterminate dogs for that reason. (B) Men and women *(continued)*



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have had nightmares long before dramas were a gleam in a playwright's eye. Remember Joseph's interpretation of the Pharaoh's dream? A dream predicting seven years of plenty—then an equal span of famine—could hardly have been pleasant. (C) Why are fear and nightmares something to be necessarily despised? I have not seen many "R" rated movies, and none rated "X". However I have seen much "television" violence. Though I watch little but *Star Trek* reruns now, I was once very fond of TV. And yet I have never, to my knowledge, had a nightmare that prominently featured shootings, stabbings or beatings. I have had five nightmares inspired by television, however.

Are those nightmares bad? I don't think so. I think that a child who experiences such a dream because of a drama is a lot less likely to pollute, or do drugs, or be the soul who pushes the nuclear button. Enforced quality control may be a bad thing for children's television and films. Just because a show seems good to an adult doesn't mean a child will like it, and vice versa. There was a television series called *Lost in Space*, which was awful. Nevertheless, it inspired me to a love of science and, indirectly, literature, which has continued to this day—*Allison Bell, Kansas City, Mo.*

Violence in movies (and TV) is a real pain in the heart! Several months ago my husband and I attended a plain blood-and-guts violent movie. When coming out of the theater we saw a child (probably four to five years old), carried by his father, being praised for being such a "good boy" and not crying in the movie. Where are we? Who are we? What is happening? What can we do?—*Mrs. Eileen Pettyjohn, Norman, Okla.*

Would it not be just as profitable to present a more positive picture of life? If there must be a fight, then show just cause for it. If a murder, then show just punishment! And if a live story, leave something to the viewers' imagination! When was the last time that a good musical was presented to the public! It should not be necessary for any movie to have any rating at all.—*Mrs. Evelyn Sirch, Fullerton, Cal.*

I used to go to the movies to relax, to unwind after a day's struggle with the harsh realities of life, to lose myself in a colorful, imaginary world where everything somehow ends happily, and I would go home smiling, my load lifted from my shoulders, even if only briefly. Nowadays, I leave the movie house with the bitter taste of lead burning in my mouth, my innards churning at the unspeakable horror I have witnessed. And as I walk the streets alone, I find myself continually glancing over my shoulders for the furtive figure lurking under the streetlights or a flash of gleaming knife in the dark. Not only has my burden become heavier to carry, I am also poorer by five bucks.—*A.Y. Romero, Brooklyn, N.Y.*

What about the children whose parents regard movie and TV as a "baby-sitter," and who never question a PG rating as good viewing for their young people? Young people are bombarded with violence every day through TV news and programs, movies and newspapers. Violence is covered, and covered, and overcovered in the media today.

Is this overabundance what we want our children to view every day, everywhere? It is confusing and frightening to me to think that this is what we have to put up with.—*Mrs. Emma Moore, Carmen, Idaho.*

I have been a fifth grade teacher of ten year olds since 1946. The classroom compositions written by the children have changed drastically in that time. Almost every young writer includes a stabbing or a beheading as a highlight of the story, always a bloody death. I hear pupils on the playground discussing a picture they have seen, and their gory descriptions turn my stomach.—*Dolores Cascales, Woodland Hills, Cal.*

As an 18 year old I chose to see *Friday the 13th*. And I'm glad to have seen it, not because I think it possesses any deep meaning, but just because it was a good gory movie, and it was fun to go to.—*Hillary Neff, Delray Beach, Fla.*

I'm in the process of planning a birthday party for an 11-year-old boy and his friends. Along with hamburgers, french fries and chocolate cake they all voted to "go to a show!" You will believe that out of 48 movies currently showing here in Austin, only one met the approval of the parents concerned: *The Empire Strikes Back*. I'm sure that you can also believe that all of the kids have seen it at least once. They will go to the miniature golf course instead.—*Mrs. Howard T. Lee, Austin, Tex.*

I think the current rating system *is* adequate. I don't think the R rating should be taken out. It is the individual responsibility of the parents to censor what the children see and don't see. I prefer the R rating because it does give parents a choice. If people are so worried about their children seeing sex and violence they had better check out their television screen.—*Mrs. W.C. Christiansen, Albany, Ore.*

Even the PG rating has so much foul language I do not think it is healthy for children.—*Ann Lindsey, Waco, Tex.*

No topic raises a quicker response in me than the destructive influence of violent movies. After having taught junior high school for six years and seeing the effect on my students, I am convinced of the severity of the problem violence on-screen creates. The film producers of today have no idea of the influence they exert on our young people. They have helped to create a breed of callous, insensitive and *violent* children. Although not all children are so harshly and adversely affected by the gruesome and insensitive sights on the screen, I can assure you there are many that are. I applaud your magazine.—*Mrs. Jan Wee, West Salem, Wisc.*

My 12-year-old son recently viewed one of those disgusting pieces of "entertainment" against my wishes while he was spending a night away from home with one of his friends. The child's mother permitted them to view the film. I was furious. I'm all for the flag, apple pie and motherhood, but cast my vote for the English film system!—*Irene C. Morrissey, Valatie, N.Y.*

And finally, from the president of the Motion Picture Association, Jack Valenti:

I am such an admirer of Gene Shalit. I like his bushy mustache and his equally bushy prose. That's why his attack on the film industry's voluntary rating system rather startled me. It was an abrupt, angry, snarling attack, alas, mounted on a rostrum shaky with half-truths and wrong facts.

He derides movie violence. Yet how can the rating system be more severe than television? Any seven-year-old child can turn on a TV set, but at least movie audiences can be monitored. Through the rating system, parents know in advance what is an R movie (or G or PG or X), and not *after* the program has been running for a half-hour or more.

Keep in mind what Mr. Shalit does not: The film rating system has only one purpose—to offer some advance information to parents about the content of a film and let the parents make the decision about the movie-going of young children. That's it. Nothing more. The Board does not note on quality, or lack of it; nor does it rate films on financial potential.

Neither the Rating Board nor the movie industry created the society we live in. There has been a radical revision in the mores and customs of our society over the last two decades, and it would be absurd to believe that movies, the most creative of all the art forms, would be unaffected by this social turmoil.

Most parents care very much about what movies their children see. If they don't, they cannot blame a rating system for having blighted their children's lives. Value systems and future adult conduct are built in the home. If a majority of parents neglect or casually treat their parental responsibility then we are in sadder shape than even the horror story Mr. Shalit tells.—*Jack Valenti.* **End**

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Q: Most recent job? A: Homemaker. Q: Current goals? A: Looking for a paying job but having a tough time. Chin up. You can go farther than you think with your experience at home. Here's how.

By Letty Cottin Pogrebin

Looking for a Job? Making Your Homemaker Years Pay Off

The housewife-mother is often told she's doing the most important job in America: raising the next generation and maintaining family life. But what happens when a woman goes out looking for paid work, as nine out of ten will do at some point in their lives? She finds that, despite her worth at home, employers consider her valueless.

How is it possible that the "most important job" gives a woman, in employers' eyes, *no* job qualifications?

What about the actual skills she's acquired in homemaking—skills like managing time and money, organizing and directing other people, setting priorities, mediating conflicts, bookkeeping, budgeting and decision-making? Aren't these talents transferable to the workplace? Do personnel specialists think so? And what *can* homemakers do to enhance their chances of finding a good job?

To find out the answers to these questions, I interviewed housewives, company representatives and a few prominent employment experts. Here's what I discovered: plenty of stumbling blocks, but also some creative thinking on how to rise above them.

Report from homemakers: "No one was looking for a great mommy"

For many homemakers seeking paid work, the experience is nothing short of humiliating. Such was the case with Regina English when she pounded the pavement after 20 years at home as a wife and mother of two. "No one was looking for a great mommy," she says. "Some said I wasn't qualified for anything because I couldn't type. Others said I was overqualified because it would be too 'difficult' for me to have someone fresh out of college give me orders." After two and a half years of active searching, English finally landed a public relations position. She looks back on that period as "a cruel ordeal."

The job hunt was similarly demeaning for another woman with whom I spoke. "If I can manipulate the welfare system, live decently and feed four kids on a poverty handout, I ought to be able to cut corners for some business firm," she told me. "But those abilities don't register on application forms, so I get placed in maid and waitress jobs."

A low-level position can be especially degrading to women whose friends and relatives are successful professionals. "I've gotten too good at being an executive-wife ever to start at the bottom," says Joan Salzman, married to the owner of a radio station in New Jersey. "I run my family like a business. I set goals and fulfill them. I delegate responsibility, keep files, calendars, bulletin boards; handle all our financial transactions, taxes, legal matters, insurance, real estate, investments, plus the usual janitorial duties for a husband and three kids. But," she concludes, "I have *no* job and *no* prospects."

One way to avoid the "no prospects" dilemma is to begin paving the way before you're actually ready for a full-time job commitment. Market researcher Fay Ennis says free-lancing was her salvation during the six years she stayed home with her twins. Several projects a year kept her sharp and in touch with professional contacts until she resumed full-time work.

Other women find it makes sense for them to change fields altogether after a children-rearing hiatus. Pnina Grinburg, for example, put aside her 1954 degree in history when she returned to work in the mid-1960s. She entered a new area in computer technology, and she now feels strongly that retraining for new fields is a promising route for homemakers.

One drawback for someone who changes fields is that she often finds herself starting off as low woman on the ladder. When Joy Fox had her first child, she resigned from her job as dental hygienist. "It was something to do until I had a family to make into my career," she says. But after two children, her life took an unexpected swerve. "I'm separated now. I have to worry about child support. I need a *good job* with a future," Fox emphasizes. "So at age thirty-five, I went for a BA in economics, got a low-level bank job, and now I'm neck-and-neck with the twenty-one year olds. If I marry again, I'll never stop working for money."

The experts' perspective: "You need something concrete . . ."

How do the experts assess homemakers' prospects? Their viewpoints vary.

"Bright women who've been at home can learn almost any job," says Eli Ginzberg, chairman of the National Commission for Employment Policy. "But it's unrealistic to think they're ready for management just because they know how to juggle the laundry, a kid's cut finger and supper."

Employment-agency owner Adele Ribolow says flatly, "You need something concrete to get you on a payroll: a job-related degree, not a BA in comparative religion; a sales promotion portfolio from years back; a course on one of the new technologies; or *(continued)*


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As a management consultant with an nsider's view of the system, Sharon Kirkman is deeply discouraged by what she ees. "If white male executives still have o much trouble accepting women who've done the same things *they* have—women with Harvard business degrees and proven career commitment—then getting hem to see the potential of a housewife s light-years away."

A more optimistic note is sounded by elice Schwartz, president of Catalyst, a national organization based in New York hat develops new work options for women. "The homemaker needs to understand the salability of her own talents nd link them to actual business operations," Schwartz says. "If she can learn to lescribe her skills in the vocabulary of he marketplace, she has a chance of naking it."

Employers: "A no-win situation . . ."

What is likely to make an employer sit up and take notice? Unpaid community work frequently wins points. This is because employers recognize that volunteer organizations often operate along much the same lines as profit-making businesses. The volunteer is accountable to a supervisor who rates her work and, if it's satisfactory, gives her greater responsibility. Like any other job applicant, she can cite successful projects and provide references.

Without such references, employers say, they can only take the homemaker at her own word. Yet of the dozen corporations I surveyed, not one has any formal means of assessing a homemaker's own claims. What's more, despite their unanimous agreement that such a system would be valuable, none of the companies is developing one.

Does that mean the door is closed to homemakers? It depends on *which* door. The ones marked "low wages" and "traditional women's fields" are wide open: clerical work, unskilled or assembly-line jobs, pink-collar jobs or retail sales.

When it comes to jobs further up the ladder, employers agree—at least in theory—that a homemaker may indeed have special qualities to offer. Carolyn Hernandez at Kraft Incorporated places "being a good listener" first on the list of possible assets. Macy's vice president G.G. Michelson cites "poise and maturity," A.C. Viebranz of GT&E adds "diplomacy" and virtually everyone mentions "organizing time and priorities."

But the cold fact is, as Lee Bloom of Lever Brothers puts it, "All that efficiency and intelligence doesn't help them do jobs for which they're not trained."

This is especially true in a technical industry, according to Roscoe James at Celanese and Dennis Hayward at Bendix, both of whom share the same hardheaded attitude. Either the homemaker already has a degree in physics, chemical engineering or business—or she takes a typing test. Training homemakers is not tops on any firm's agenda.

Several personnel executives admit that, although they do not discriminate on the basis of age, if all else is equal, "youthful promise" will outweigh "life experience." Says Leonard Maier, Jr. of General Electric, "We'd put in the same on-the-job training and get forty years out of the graduate but only twenty out of the re-entry homemaker."

Anne Chase Williams of GAF Corporation sums up the homemaker's seemingly no-win situation: "Unfortunately, recruiters value two years of management in any company more highly than twenty years' management at home."

Steps toward solutions

But however bleak the picture for homemakers appears, brighter prospects may be just around the corner. If you're stymied on where and how to begin the job hunt, here are some useful suggestions to get you started.

Ask employers to define the content of jobs more simply and precisely so you can plug your skills into paid positions. Often the basic requirements of a position—however intimidating they may sound at first—are, in fact, right up your alley. "Ninety percent of professional work is, after all, interpersonal relations," says advertising executive Rena Bartos. "If a woman has a lot of park bench experience with temper-tantrum resolution among four year olds, she might work wonders with a frantic account man at a client meeting." Or, as Felice Schwartz at Catalyst observes: "A smart shopper already knows how to draw up purchasing specifications, do comparison pricing, inventory and quality control, and cost accounting. These are marketable skills when she knows how to put them in business language."

Take advantage of available materials that will help you pinpoint your skills and learn the job jargon to describe them. Do you realize that in scheduling dental appointments and music lessons for your children that you're showing an ability to "coordinate people, places and meetings"? The Equitable Life Assurance Society thinks so. They have developed a form for their Women's Workshops that lists 22 homemaking activities and then translates them into usable skills in the business world. "We find that the form helps boost confidence and gives our employees a better appreciation of their talents," says Carol Van Sickle, Assistant Vice-President of their Human Resources Department. For a copy of their "Analyzing Your Abilities," send your request along with stamped, self-addressed envelope to Van Sickle at Equitable, 1285 Avenue of the Americas, New York, N.Y. 10019.

To add even more catch phrases to your business vocabulary, Amy R. Hanan, Personnel Director for AT&T, offers her company's "Management Potential Appraisal Plan." Used to evaluate employee performance, it lists and defines the abilities that spell corporate success. Send a stamped, self-addressed envelope to Hanan at AT & T, Room 12P123, 100 New England Avenue, Piscataway, N.J. 08854.

Watch for the results of Project ACCESS and Project HAVE skills. Now in the research/testing stages and available this spring, these long-awaited studies will help you target further your abilities and prospects. Project ACCESS will identify exactly which homemaking skills apply to specific jobs: home health aide, credit/collection worker, floral designer, personnel worker, social service aide, insurance claims adjuster, computer programmer, airline reservations clerk, business machine repairer and insurance salesperson. Even more extensive, Project HAVE skills will provide an equivalency chart to help homemakers, counselors and employers match over 500 individual skills with a number of different jobs. For more information on the nature and availability of these studies, write Ruth Ekstrom, ETS, Princeton, N.J. 08541.

Contact local women's centers and inquire about their job readiness training programs. A growing number of organizations across the country are offering a variety of useful employment services, like those provided by Everywoman's Opportunity Center in Buffalo, New York. Betsy Hopkins, their Executive Director, says they help women develop a career plan and resumé. They prepare them for interviews, conduct remedial classes for those with math anxiety and coordinate "job shadowing" programs in which participants can observe or perform various jobs on a short-term basis. For a directory of women's centers in your area, consult *The Women's Action Almanac* (Morrow, 1979). The Women's Action Alliance will also furnish you with a list of local centers upon request. Send a stamped, self-addressed envelope to them at 370 Lexington Avenue, New York, N.Y. 10017.

As more women enter the work force, there will be increasingly helpful resources to smooth their entry. If you have any ideas to add to the list above, please let me know. And remember: The sooner homemaking is recognized as real work, the better life will be for all of us, for both women and men. End

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"I Was a Married Woman with a Boss Who Got 'Too Friendly'"

By Margie Smith
(All names have been changed for legal reasons.)

Everything was going fine. My husband, Jerry, and I had been happily married for two years and I had finally landed a terrific job as a legal secretary. Tom Walker, a partner in an up-and-coming law firm, was a great boss. I wasn't getting rich, but Mr. Walker had already rewarded me with a couple of raises and a nice bonus. We seemed to get along fine. Sometimes he even took me out to lunch.

Then came what I now think of as "Black Thursday." A little after nine, Mr. Walker came into my office and just plunked down in a chair. He stared straight at me as if he were preoccupied or had forgotten what he meant to tell me.

Suddenly he spoke up. He asked if I would have lunch with him that afternoon. It wasn't unusual for lawyers at the firm to take their secretaries out to celebrate finishing a big job or winning a major case. But we were only midway through our latest project. Oh, no, I thought with dread, he's going to fire me!

As the morning wore on, I began to get really nervous. I was 25 and I'd never lost a job before. I tried to think back on how I might have let my boss down. I'd rarely taken a sick day. I'd always been willing to work overtime. He never seemed dissatisfied with my letters. By noon I had a piercing headache and no appetite at all.

Would he fire me during lunch?

At 12:30 we walked out to his car, and he was strangely quiet. He didn't even ask me where I wanted to go, as he had always done in the past. I was so upset I didn't pay any attention to where he was taking me. Can you imagine my amazement when he pulled into a local motel parking lot!

"What are we doing here?" I demanded in disbelief.

"I thought I deserved some thanks for all I've done for you. You *did* just get a raise and a bonus."

I couldn't believe my ears. He was a married man with two children. And he knew I had Jerry. No, this couldn't be happening to me, I thought. This only happens on television. I almost began to cry as I started to leave his car and return to the office. He convinced me to get back in, saying he wouldn't try anything. I sensed this was his way of apologizing and decided to trust him. That was my first mistake.

I never said a word to my friends in the secretarial pool. I guess I was too embarrassed. Maybe I was afraid that people might think that somehow I had led him on. After all, Tom Walker was a rather attractive man in his late 30s who had a reputation around the office for being popular with the girls.

I didn't even tell my husband. He has always been the jealous type. I knew he'd force me to quit my job if I told him my boss had made a pass at me. But we had just obtained a mortgage on a new house and were still paying off a new car. Though Jerry had a good job and we didn't have kids yet, I knew our lifestyle required a second income.

It was awkward working with Tom Walker after that. I hoped that we both could just pretend it hadn't happened because I *(continued)*

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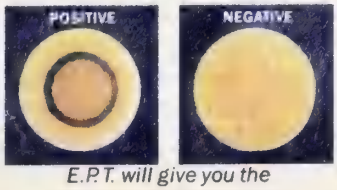
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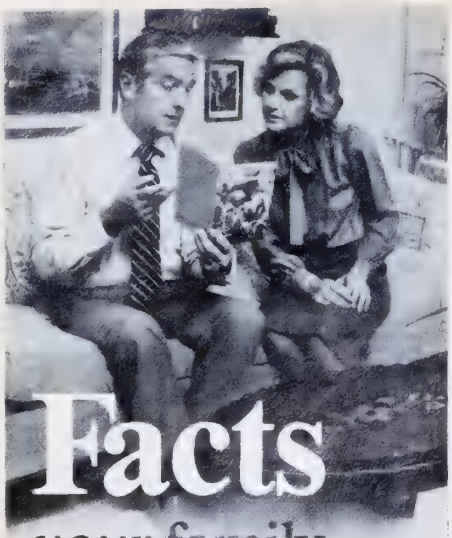


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didn't want to leave my job. I did avoid being alone with him in his office when the door was closed, and I was brisk and efficient whenever he came into mine.

For three months things just drifted along. Late one Friday he asked if I would come in for a few hours Saturday morning. I knew we were under pressure to finish a brief for a trial on Monday. And Jerry and I could certainly use the extra $50 in overtime pay, so I agreed to be there by 8:30.

At first I felt pretty uncomfortable because there was no one else but us in the office, but we were both so busy I hardly saw him all morning. Around 1:30 I had finished my work and was about to leave. He thanked me for giving up my Saturday and wrote out a check for $50.

Then he asked if I was hungry. Here we go again, I thought. But he seemed so offhanded about the invitation, and maybe this was his way of making up for having offended me earlier. I decided to go. And, anyway, we were taking separate cars.

He talked and joked a lot at lunch, and slowly my discomfort began to disappear. Just as we finished our coffee, however, he moved closer and put his arm around my chair. This time he made an out-and-out proposition. He'd give me $50 if I would go to a motel with him.

I almost fainted. "I'm a married woman, I'm not a prostitute," I answered as I felt myself turning hot with anger and embarrassment. "Thank you for lunch, but no thanks."

"I think you had better do what I say," he replied, "if you still want to have a job come Monday morning."

"You can keep your job, Mr. Walker," I told him. "And I wonder how your partners would feel if they knew about this."

He just laughed. "It's your word against mine, sweetheart."

"I'll see you at the Labor Relations Board," I shot back and walked out.

When I arrived home I broke down and cried. I told Jerry everything—right down to the time Tom Walker had first tried to seduce me. I've never seen my husband so angry. "Why didn't you quit three months ago?" he demanded. Then he struck a real blow. He had the nerve to ask, "You *didn't* go to bed with him, did you?"

"No," I shouted. "I wouldn't let him touch me!" I was so insulted by his question, it took me months to forgive him.

That Monday, instead of going to work at nine, I went to the local Labor Relations Board. I found it embarrassing to explain to the officer what had happened. He said this type of thing went on all the time. He insinuated that a lot of women make up stories like mine to ruin their bosses' reputations. Also, secretaries rarely won such cases. I sensed that he didn't believe me.

Finally, two weeks later, the Labor officer called. Tom Walker had denied every word, saying I was trying to start rumors about him and his firm. I must have argued with the officer for an hour to convince him to pursue my case, but he refused.

It took me a couple of months to find another position. I'm still a legal secretary, but this time my boss is a woman. Now I regret that I gave up the case against Tom Walker so easily. After all, I've hung around law offices enough to know that there must be some legal recourse when a boss tries to take advantage of a woman who works for him. **End**

Where to Find Help

"We're taking this issue of sexual harassment out from under the table and creating a climate of public awareness about this problem," says New York City Councilwoman Miriam Friedlander, who is currently holding open hearings on this issue.

Sexual harassment *is* a form of sex discrimination and so is covered by Title VII of the 1964 Civil Rights Act. You can file a complaint with a regional office of the Equal Employment Opportunity Commission (EEOC). (Look under U.S. Government in your local phone book.) There are also other agencies where a complaint can be lodged. (Human Rights or Human Relations are the key words.)

Here are some national and local groups to contact for help:

Working Women's Institute
593 Park Avenue
New York, N.Y. 10021
(212) 838-4420

Working Women, National Association of Office Workers
1224 Huron Road
Cleveland, Ohio 44115
(216) 566-9308

Women's Legal Clinic/Center Against Sexual Harassment
115 44 West Pico Boulevard
Los Angeles, Calif. 90064
(213) 478-0202

Alliance Against Sexual Coercion
PO Box 1
Cambridge, Mass. 02139
(617) 482-0329

WOASH
300 Eshleman Hall, Univ. of Calif.
Berkeley, Calif. 94720
(415) 642-6912

For a fact sheet on "Legal Remedies for Sexual Harassment," write to: Women's Legal Defense Fund, 2000 P Street N.W., Suite 400, Washington D.C. 20036. Enclose $2.



Subterranean Living

A very old form of shelter—the underground home—has some new looks and is part of a very new lifestyle. It's economical, comfortable and quite cozy. By Irene Thompson

The earth itself is one of the oldest forms of shelter. Caves served as some of man's earliest dwellings, and ancient Greeks lived in great earthen hives carved in the hillsides. Today, America is pioneering the design of earth-sheltered homes that provide protection from the ravages of climate and inflationary fuel costs.

Approximately 200 American families are living in homes sunk several feet into the ground. These homeowners report fuel reductions of 50 to 75 percent, since the earth maintains a fairly constant temperature of 50 to 70 degrees, depending on the depth.

In Minnesota, where winter temperatures plunge to 30 degrees below zero and climb above 100 during the summer, earth-shelter dwellers experience a temperature variation of less than 20 degrees year-round. Derrick and Corinne Jones, who live in a snug "downunder" home near the St. Croix River on the Wisconsin/Minnesota border, burned only two cords of wood in their stove last winter, for a total fuel cost of just over $100. In the summer they use no air-conditioning, because their home stays at 75 degrees, despite the sweltering humidity outside. On extremely damp days, Mrs. Jones will turn on a dehumidifier for a few hours.

The Joneses built their two-bedroom home for $75,000 two years ago. "We were getting close to retirement age and we thought we should spend our money more wisely," said Mrs. Jones. "This seemed a good way of saving on fuel costs. Living here is no different from living in any other house, except you don't have any drafts and you don't hear a lot of outside noise. I love it—it's warm, cozy and we feel secure down here."

From the outside, the house looks like a small hill of earth. Entry is through the garage at ground level, and nine steps lead down into the living area. The house itself was built into the ground and covered with earth, leaving a generous expanse of windows on one side. There are six French doors and windows across the living area and a window in each of the bedrooms. Mrs. Jones says her earth-shelter is actually brighter than her conventional home.

Four hundred to 500 underground homes are in the planning or construction stages in Minnesota, Michigan, Montana, Texas and Oklahoma, according to Ray Sterling, director of the University of Minnesota's Underground Space Center. The designs vary from the Joneses' elevational, in which one side is open and the other three are earth-covered. About 18 inches of soil are spread over the roof. Some homes are built around a sunken courtyard with windows opening out into it; others are sunk only four or five feet into the ground and then covered with earth. There are other homes that are completely submerged.

"Like living outside"

Owners scoff at the suggestion that underground homes are dank and dark. "Ours is like living outside," says Pat Clark, an art professor at the University of Wisconsin at River Falls. The Clarks' is one of the most unusual of the earth-sheltered homes. It's actually two tubes sunk into the ground to create a subterranean cave dwelling. Windows at each end of the tubes and skylights along the length of the tube provide good, natural light and the rough-textured, rounded walls inside enhance the cave effect. Clark has emphasized the natural theme with off-white walls accented with redwood and cedar wood. Furniture is largely built-in and kept to a minimum, and the terrazzo floor is covered with some throw rugs.

"It's a very subtle design on varying levels. You just flow through the structure," Clark says. The uppermost tube, which is 40 feet long, contains two separate open-plan apartments; and the lower tube, 60 feet long, is the communal living and kitchen area. During the winter, two oil heaters force warm air through pipes under the floor and, in summer, air-conditioning is supplied by nature's cool night breezes which blow through the windows at the ends of the house. Indoors, Clark says, the temperature remains at about 65° F. and she estimates her fuel costs to be one-quarter of those for a conventional home. Clark's earth-sheltered home, built eight years ago at a cost of $55,000, has made a believer out of her. "The landscape in this area lends itself to this type of structure," she says. "More wasteland should be used for underground housing so that we can save more productive land for farming."

Despite the many years underground dwellings have been in existence, modern construction techniques are still rude and elementary. Building costs for these homes run higher than for ordinary homes—about $45 per square foot for the Jones family, for example. But Ray Sterling, of the Underground Space Center, believes the differences will level out as more contractors start building these homes and refine the construction methods.

"At the moment," he explains, "they aren't used to building this style of house and they regard it as custom-built, which puts up the price." Indeed, walls and ceilings must be reinforced with tons of masonry and concrete and the structure must be thoroughly waterproofed. But once they are erected, earth-sheltered homes probably are more durable than conventional homes because they are preserved in a constant temperature, and they require very little or no outside maintenance like painting or roofing.

The primary drawback for would-be earth-dwellers, however, is financing. Banks and loan companies are reluctant to advance funds on a house they can't appraise, because there are so few existing comparisons. And if a mortgage-holder defaults, the lending institutions fear they will not be able to resell the property. Again, however, Ray Sterling predicts this bias will be overcome as more underground homes are built and gain acceptance.

By all indications, they already are doing so. Their numbers began to increase rapidly in the late 1970s, as energy conservation came to the fore. Now the concept is being employed more widely, with a $2.9 million elementary school in Reston, Virginia, and a bookstore and administration building at the University of Minnesota—both built underground.

Burrowing into the earth, it seems, is a practical and quite efficient way to save fuel. And it's a cozy, new, interesting way to live. **End**

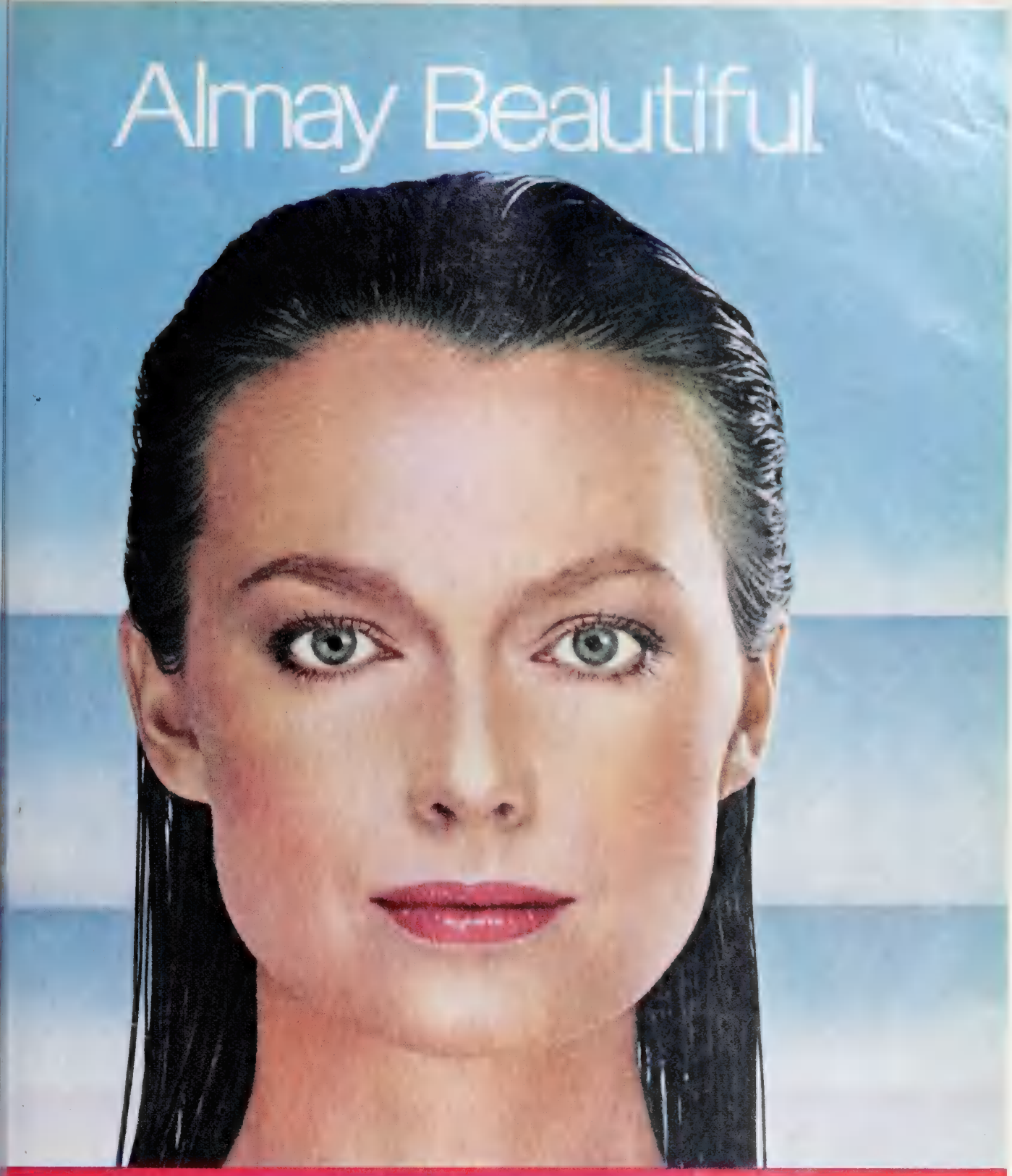
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Magic Carpets

Bought wisely, Oriental rugs can transform a room and double as a sizable investment. Here's how to choose these lush objects of art for your home and your future. By Janet Laib

Oriental carpets can transform a room with their gleaming colors and patterns of fascinating intricacy. Scatter tiny prayer rugs on a polished wood floor, or hang a large tapestry rug on the wall, and the effect will be magical. Whether knotted by the dexterous fingers of a young nomad girl or woven by a modern machine, a rug communicates its country's history and beauty. As Edgar Allan Poe once wrote: "The soul of the apartment is in the carpet."

Finding your first rug can be an adventure—whether it's new or old, large or small, of modest value or a fabled piece. Painter John Day, who has a sure eye for color, adds to his extensive collection of small rugs by haunting the auctions. But he found his first peeking out of the top of someone's rubbish pile. You can start your own quest for new, old or antique rugs in department stores, rug specialty shops or auction houses in such major U.S. cities as Atlanta, Chicago, Dallas, Houston, Los Angeles, San Francisco, Washington and New York.

How can you check the reputation of a shop or auction house? One way is to contact the National Antique & Art Dealers Association of America, 59 East 57th Street, New York, New York 10022, which will tell you whether your dealer is a member of the Association. Or, if you're looking for an appraiser, send three dollars for the membership directory of the Appraisers Association of America, 60 East 42nd Street, New York, New York 10165. It's also a good idea to develop your own knowledge by reading and going to auctions or museums. With a little experience, you'll be able to spot the distinctive designs specific to the different areas of China, Afghanistan, the Caucasus, India or Turkey. And with more exposure, you can learn to examine how coarse or fine the weave is, which will help you ascertain where the rug is from. (When evaluating a rug, the weave is much more important than the design, experts say.) Soon you will recognize whether rugs are made of pure wool (the most durable) or silk, which is generally the most expensive and delicate. You'll also learn to watch out for mercerized cotton, which is used to give the impression of silk threads in the weave.

In showrooms, you'll see rugs ranging from thousands of dollars to more than $100,000—and, until they're unfolded, they'll look like bundles of brown rags tied up with twine. Whether they're classified as old rugs (which are at least
years old) or antiques (more than 1
years old), many are of investment quality. In fact, these days financial experts are buying Orientals primarily for investment.

But these rugs are unquestionably beautiful as well. You can glory, for exam
ple, in the sight of a large $13,5
Oushak in the New York showroom Doris Leslie Blau. It's an antique Turkis
rug of lustrous sheen with a geometr
pattern of large palmettes (stylize
flowers) in soft pastel colors that st

A striking lattice design is an elegant feature of this South Caucasian Karabagh.



This Indian Amritsar garden carpet is an attractive addition to any room.



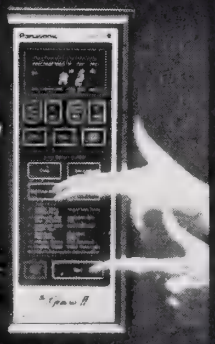
look alive and contemporary. As Mrs. Blau explains, these late 19th-century Turkish rugs were woven for Western European customers who wanted colors adapted from popular French rugs of the period. "The village woman who wove the Oushak probably made no more than one hundred rugs i
her entire life," she says.

But even if you're buying a modestly priced new carpet, use caution. "To b
sure a new rug is authentic and fairly priced, ask what country it was made i
and visit other stores that carry new rugs to compare the fineness and faithfulness of the design, as well as the construction and the price," says Lee Howard Beshar
a New York dealer *(continued on P.S. 8*

It does the thinking. It does the turning. You get the compliments. The Panasonic Genius II microwave oven.

"Takes the guesswork out of cooking." "Easy programming." "The best one around." "It has more features than the others." "I like its looks." "Large internal capacity." "Even if you forget to take the meat out of the freezer in the morning, the Genius II can take care of it."

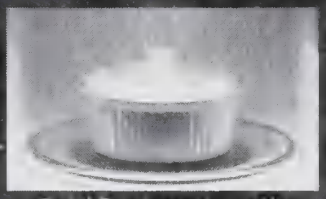
That's what the people who own a Genius II™ say about it. They say such nice things because their Genius II has so many nice things. Such as the Auto Sensor Control and the Cook-A-Round™ rotating turntable that make the Genius II incredibly fast and easy to use.



Auto Sensor Control. A few taps, and a miniature computer knows exactly how to cook whatever you're cooking.

The Auto Sensor Control is the brains of the Genius II. For example, put in a frozen roast. Then just tap the Auto Sensor Control four times. It automatically calculates the cooking time and knows exactly when to turn off. It defrosts the roast, cooks it to perfection and keeps it warm till dinnertime. With just four taps of your finger!

Once the Genius II is set, the Cook-A-Round turntable lets you walk right out of the kitchen until dinnertime. It rotates food constantly throughout the cooking process. So food cooks evenly, all by itself. For almost every dish, you don't even have to be there to turn or stir.



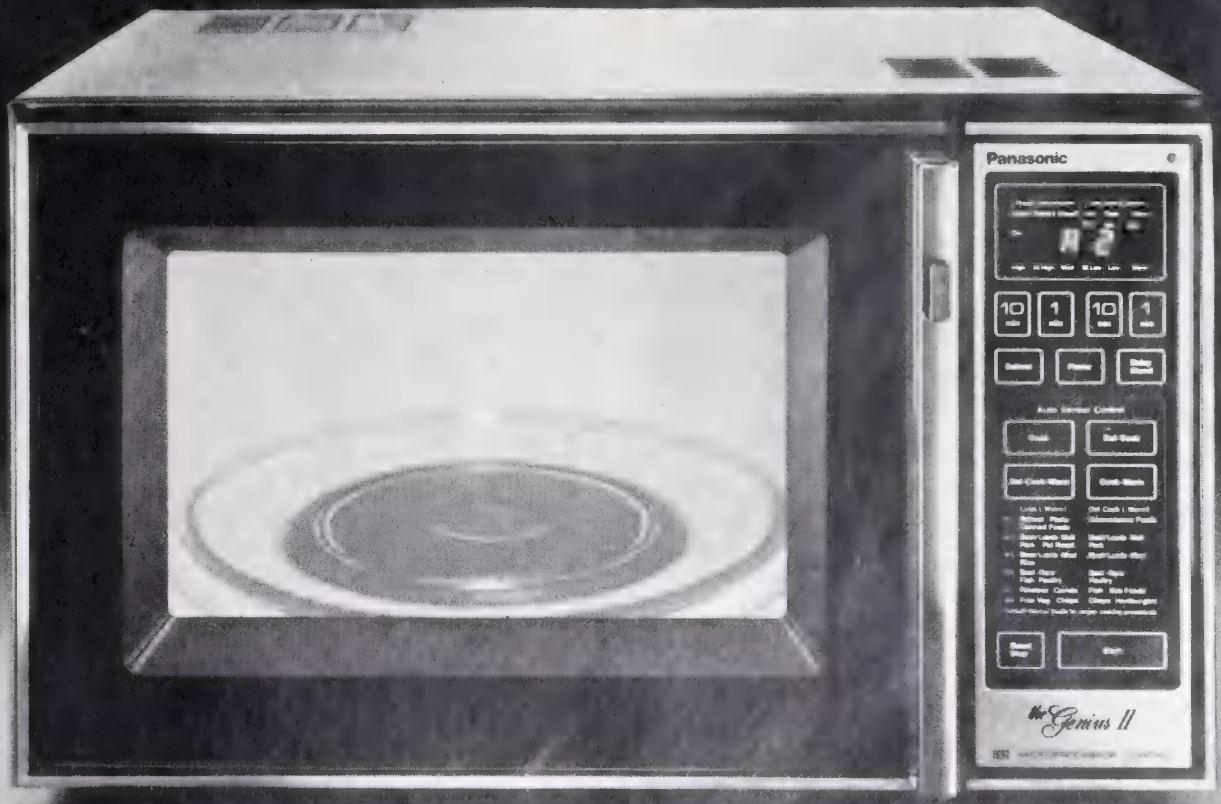
Cook-A-Round magnetic turntable. It turns food constantly while it's cooking. So you don't have to!

With the Genius II Auto Sensor Control and Cook-A-Round turntable both working for you, you're free to go shopping while the roast defrosts. Spend time with your family or guests while the casserole cooks. Or work late while dinner stays warm.

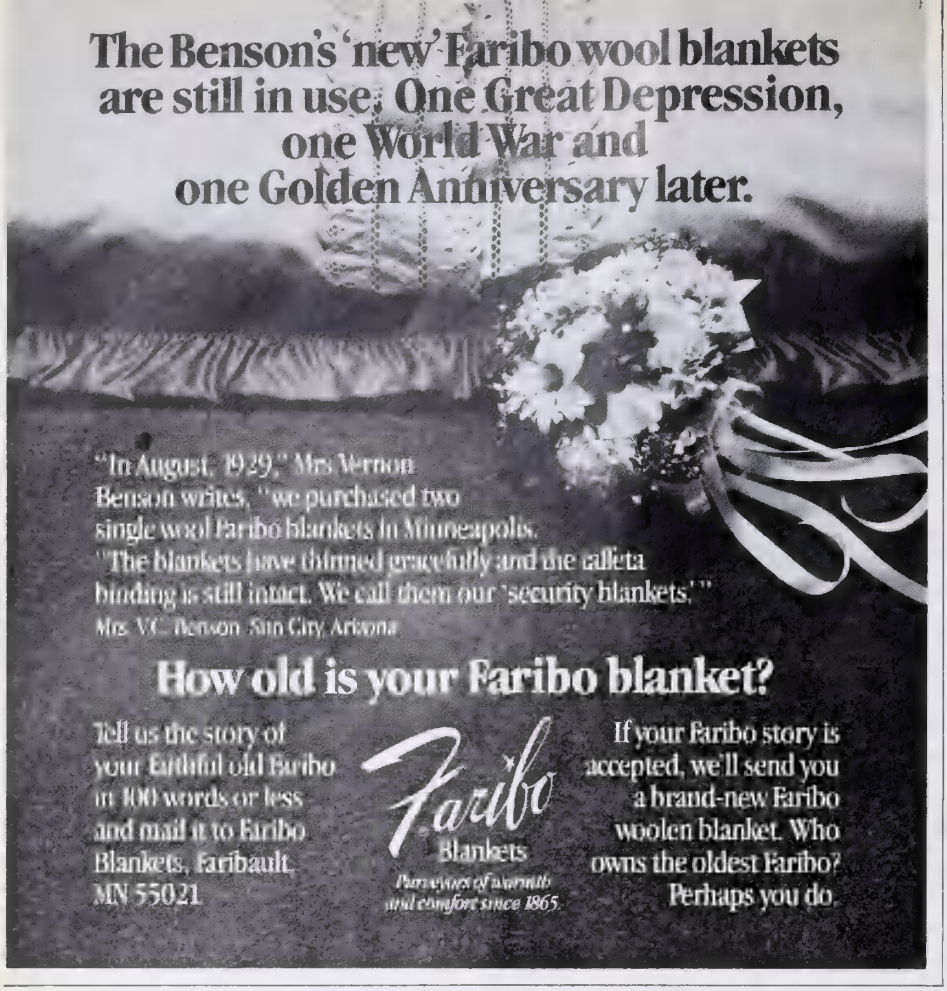
And for another dimension in cooking, see the new Panasonic Dimension 3,™ a countertop oven that's a microwave oven, a convection oven and a microwave/convection oven all in one.

The Genius II or the Dimension 3. Either one takes care of the cooking so you get the compliments.

Cabinetry is simulated wood.



Panasonic.
just slightly ahead of our time.



HOME AWAY FROM HOME: WINTER IN FLORIDA'S KEY WEST

Winter wouldn't be winter without snow? A myth to many—especially if the tropics are a tonic for January blues, and holiday bustle. By Kathleen Maxa

If your idea of a cozy winter is sipping poolside daiquiris instead of fireside eggnogs or skin diving instead of snow sledding, don't fight it. This year, you need not journey to the faraway tropics, or pack your life savings in your suitcase in order to relax in the sun alongside a sparkling, aquamarine sea. The most charming and cosmopolitan tropical island anywhere is right here in the United States: Key West.

After decades of teetering between prosperity (in 1850, it was the wealthiest city per capita in the U.S.) and decadence, seediness and fashionableness, this tiny, two-by-four-mile atoll has emerged as a trendsetting, luxurious resort, while still retaining its Southern, small-town roots. Key West's weathered, veranda-wrapped, gingerbread-trimmed houses, which were handcrafted by ships' carpenters in the 19th century when the island was a thriving commercial port, have been mostly restored to their original grandeur. Several, such as the Hollinsed House and the Gideon Lowe House, have been remodeled into guest house apartments. A smorgasbord of restaurants offers a diverse collection of fine cooking, ranging from Cuban black beans and roast suckling pig to French cuisine, Swiss fondue and raclette to such native dishes as Conch (pronounced *conk*) chowder and fritters and, of course, the ubiquitous and sublime Key Lime pie.

Although it is just a 30-minute flight [illegible] three-hour drive from Miami, Key We[illegible] is worlds apart in temperament and te[illegible]ture. The high-rise condominiums, pla[illegible]ticity and neon glare that characterize [illegible] much of southern Florida are conspi[illegible]uously absent from the picture postca[illegible] pastiche of Bahamian, New England a[illegible] French Creole architecture that di[illegible]tinguishes Key West.

Once known as the American Gibralta[illegible] the island's history is steeped in pira[illegible] lore and legends of lost treasures, whic[illegible] harken back to its days as a major sto[illegible] over on the 18th-century trade routes b[illegible]tween the New World and the Old. Mar[illegible] residents, who are nicknamed "Conch[illegible] after the shellfish that abound in the[illegible] waters, are descended from the Cockne[illegible] and Tory English who settled in the Flo[illegible]ida Keys during the early 1800s, lure[illegible] there by marine salvaging and comme[illegible]cial fishing along the bountiful reefs. Oth[illegible]ers are descended from cigar rollers a[illegible] sponge divers who fled Cuba during th[illegible] 1860s, when a revolution prompted [illegible] exodus not unlike the one that took plac[illegible] last year when Key West served as th[illegible] port of entry for Cuban freedom boa[illegible] fleeing Castro's Cuba.

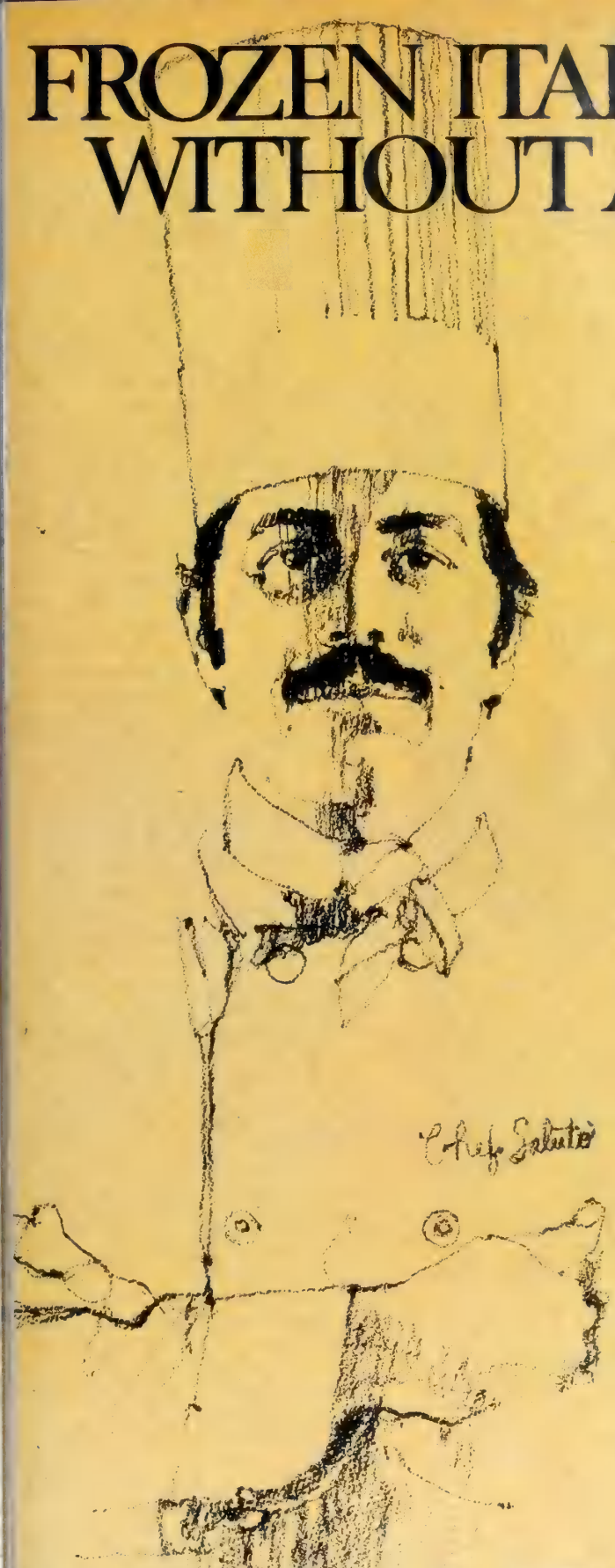
If you want to spend your days bakin[illegible] in the sun or napping in the shade, n[illegible] body here will make you feel guilty th[illegible] you are not polishing your backhand, jo[illegible]ging in the surf or signing up for scul[illegible] lessons. It's been said of Key West th[illegible] the plants seem to move faster than th[illegible] people. On the other hand, if Zen spea[illegible] fishing is your secret passion, you'll fin[illegible] it in Key West.

Glimpses of the past

You can while away an afternoon with [illegible] copy of Ernest Hemingway's Key We[illegible] novel, *To Have and Have Not*, in th[illegible] garden of the author's home, now a mu[illegible]seum and historic landmark. You can tak[illegible] a ride on the Conch Train, a surrey-[illegible]topped caravan that rumbles through th[illegible] streets, for a glimpse into the island's pa[illegible] and a guided tour of its present da[illegible] points of interest. You can breakfast o[illegible] mimosas and perfect omelets at Clai[illegible] and spend the rest of the morning stroll[illegible]ing down Duval Street, where smart gi[illegible] shops, boutiques and Fastbuck Freddie[illegible] (a stylish fashion and home-design em[illegible]porium) beckon. You can rent a bicycle[illegible] which at $20 a week is actually the lea[illegible] expensive and most enjoyable way to ge[illegible] around, and peddle out along the count[illegible] beach and fishing pier in the moonlight[illegible] stopping at La Bodega, a Simonton Stree[illegible] deli, for a cup of rich Cuban coffee and [illegible] delicious pastry.

But you mustn't miss the sunset parad[illegible] on the Mallory Square Dock, an evenin[illegible] ritual in celebration of Key West's dra[illegible]matic sunset. The parade regularly brings[illegible] out a carnival of characters: the iguan[illegible] man, whose beady eyes and *(continued*

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MAGIC CARPETS

continued from P.S. 4

in Orientals. He also suggests examinin the knots because, generally, the high the knot count the better the carpe Even good quality new rugs are st hand-knotted, though they may be wove by machine. The exceptions to this a Kilims and Dhurries, flat-woven Orient rugs without piles or knots.

An appraisal by a certified appraise also can help you learn more about th rug you want to purchase. Sigmun Rothschild, a member of the America Society of Appraisers, suggests that yo have a professional photographer mal color transparencies of the front and bac of the rug. A close-up photo should b taken with a ruler in the picture to sho the tightness of the weave.

Old or new, the designs of Orient rugs are traditional and have hard changed since they were first made. Th design inside the borders—landscape people, flowers or abstract—makes th most impact. This middle part is frame by strips or "guards" with repeating de signs. Most old rugs are asymmetrica according to Mrs. Blau, because th worker leaned on one side of the loo more than the other. Rugs made b nomads on small portable looms are ofte more asymmetrical and even more inte esting as a result. Colors also may diffe in places, because when nomads move they sometimes changed dyes. Inte estingly, antique rugs often look bette than modern ones because the colo have softened and blended with time.

Dealers frequently see rugs that hav been damaged—sometimes severely—b careless treatment. John Edelmann whose new auction firm, John C Edelmann Galleries, in New York, is th only one in this country to specialize i rare rugs, says the worst damage is cause by pets' accidents, or spills of food, win and orange juice, which may show up i discolorations ten years after the acciden But he says that over-cleaning can be a bi mistake, too. He also recommends usin glass coasters under potentially harmfu furniture legs, keeping the rug away fro direct sunlight and using a good qualit foam pad underneath the rug to help pro tect it from traffic.

When you buy a good rug from a repu table dealer, you may take it home for time before you make up your min whether to buy or not. One of the de lightful options about buying a good ru is that you can usually trade it back to th dealer when you want to purchase a dif ferent or better rug.

"The rug you buy this year may not b the one you want in ten years," says Mrs Blau. "If you've never owned an Orienta before and you become passionately in volved with studying rugs at museum and auctions and stores, your perception will change." **End**

FLORIDA'S KEY WEST

continued

leathery skin make for more than a passing resemblance to the two lizards on leashes draped over his shoulder, the last of the 1960s flower children, street musicians and jugglers, souvenir peddlers and the local Salvation Army band.

Quick, easy, economical

Getting to Key West is as quick as flying to Miami and connecting with an Air Florida 737 jet for the half-hour trip to Key West, or as leisurely and economical as taking the auto train and driving the 150 miles from Miami to the island. Double occupancy rates at the Casa Marina Inn, where the list of baby-sitters at the front desk and prompt, room-service suppers show a careful attention to the needs of vacationing families, range from $48 to $66, with money-saving package deals available. Prices are higher after December 14. At the Pier House, the in-town center of a swinging beach scene and night life, double rates range from $63 to $70 year-round. Guest house prices are less. The Hollinsed House, for example, which is located just two blocks from Duval Street, rents a sunny, tastefully furnished, two-bedroom apartment with equipped kitchen for about $200 a week off-season and $70 a day during season. For more information contact: Greater Key West Chamber of Commerce, 402 Wall Street, Key West, Florida 33040. **End**

We're looking for people to write children's books

ing for children is the perfect way ke up writing, says the author of hildren's books. Your ideas come t out of your own experience. And e it's still a challenge, it's ably the straightest possible line een you and publication — if re qualified to seek the success rewarding field offers.

lvin Tresselt, Dean of Faculty

ou want to write and get published, I can't nk of a better way to do it than writing s and stories for children and teenagers. flow naturally right out of your own life. e it's still a challenge, the odds of getting irst unforgettable check from a juvenile sher are better than they are from just any other kind of publisher I know.

ter on, you may get other checks from publishers. But right now, the object is gin — to break into print — to learn the g of writing and selling your work and g your name in type. After that, you can le if you want your writing to take er direction.

t after 30 years of editing, publishing, eaching (and 53 books) I can tell you this: go a long way before you find anything warding as writing for young readers.

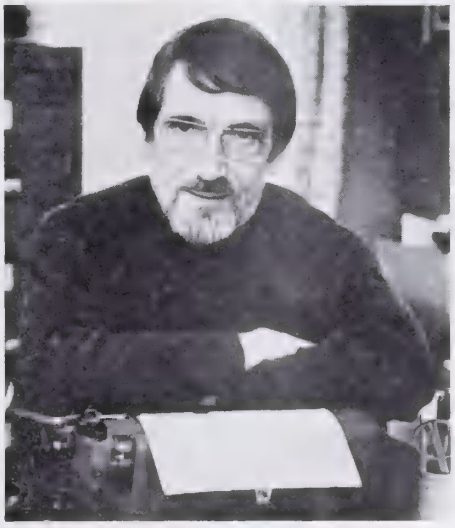
ur words will never sound as sweet as do from the lips of a child reading your s and stories. And the joy of creating s and stories that young people 'really s an experience you'll never have any- e else. (In this age of boob tube illiteracy, enient morality, and plastic values, *do now of a more important audience?)*

t, that's not all. The financial rewards go eyond most people's expectations se there's a surprisingly big market out for writers who are trained to crack it. than 130 million young people's books urchased each year. Between 2,000 and) new titles appear annually and new rs account for as many as half of them. ere are also 250 monthly magazines ng for material for young readers. You magine how much writing it takes just to them going!

Am I really qualified?'

wo big questions bedevil nearly every d-be writer: "Am I really qualified?" and v can I get started?"

is is our definition of a "qualified per- It's someone with an aptitude for writing can take constructive criticism, learn it, and turn it into a professional perfor- e. That's the only kind of person we're ing for. The reasons are simple: our ation is built on success, and if prospec- students don't have the earmarks of suc-



Alvin Tresselt was Vice President and Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine for Children*, and a board member of the Author's Guild. His 53 books for young readers have sold over two million copies.

cess, we probably can't help them. And we tell them so. It's only fair to both of us.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into The Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

When we teach, you learn

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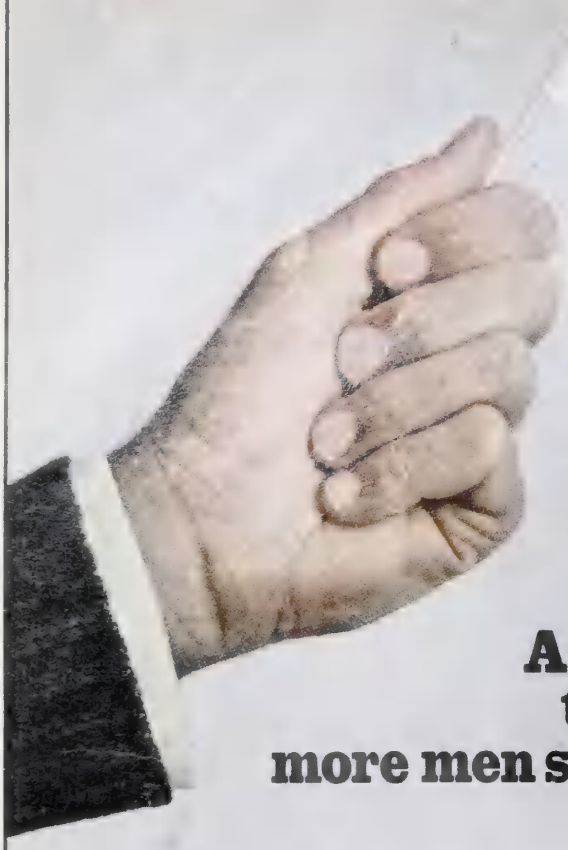
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THE HURTING HUSBAND

As more women try to change the scope of their marriages, more men suffer from "liberation shock."

By Erica Abeel

Behind every successful man, goes the saying, stands a good woman. And once upon a time maybe it *was* that simple. He went out to conquer the world and she cheered him on. But today, as many women are trying to conquer worlds of their own, they, too, need a cheering section and loving support.

Then why did things go wrong, wondered Joan Brogan, a Chicago department store executive, the day she phoned her husband Jerry with the good news that she'd been promoted. "I was so excited that I called Jerry at work right away," says Joan. "There was a pause before he said, 'Oh, that's great, honey.' Then a minute later he was picking a fight about who should drive the kids to school in the morning. I was so hurt, I snapped at him and hung up. I just couldn't understand why he wasn't thrilled for me. I would have been for him."

Why do our men sometimes find it so hard to offer us the same spontaneous support that we've always offered them? At a time when communication is more important than ever between husbands and wives, the channels seem sadly clogged with apprehension and misgivings.

Males and "the new woman"

Two recent surveys seem to indicate how men are reacting to "the new woman." An advertising agency, Doyle Dane Bernbach, found that the biggest complaint among married men who have busy wives is that they, the men, now have to spend more time doing household chores, something they dislike.

Researchers Carole Hyatt and June Esserman did a study recently for ABC's *Good Morning America* and found that men vacillate between negative and positive views. Most men polled felt that a woman with a child under six should stay at home, and that if a wife's job interfered with home life, the husband should try to get her to quit. Fifty-nine percent of the men thought the women's movement had a positive effect on women. But only 43 percent felt it had a positive effect on men.

To explore in depth the new tensions between men and women, the *Journal* talked to couples across the country. We found large numbers of men who say that they're confused about what their wives really want from them. Many say they are willing to change, but they aren't sure how to go about it. Others are just plain angry. They say their wives have switched signals in the middle of their relationships. Men, says one husband, are still reeling from what he calls "liberation shock."

What does she want from me? was the question we heard again and again. Men used to know how not to offend. They even used to know how to please a woman. But these days even the English language has become a minefield. Many men jettisoned words like "broads" and "chicks" long ago, but should they say "chairman" or "chairperson" or simply "chair"? Even the most superficial social transaction has become political dynamite. Accused by women at home and at work of being either macho or condescending, men feel on the defensive, that they can do no right.

"I was brought up to have manners like Sir Walter Raleigh," explains Jonathan Martins, a business consultant for a small New York management firm. "But these days I never know if I should walk curbside, help a women on with her coat, take her arm, light her cigarette." *(continued)*

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HURTING HUSBAND

continued

Yet clearly the problem runs deeper than second-g
the new social etiquette. What seems to baffle and h
the most is that, in their eyes, their helpmates have
against them. Most of these men remain loyal, hard
husbands and family providers. "I'm the same man I've
been," many insist. And it's true. They don't seem t
that this may be precisely the problem.

Typical of the men with whom we talked is Don W
38-year-old construction worker from Columbus, Ohio.
always prided himself on his ability to earn a good li
pleased him that his wife, Cathy, didn't have to work
marriage of 16 years had been a good one, he fe
suddenly, as he describes it, Cathy began to withdraw.
reason at all," she became peevish and uncommun
Finally one evening, as he heard her slamming the pots
kitchen counter, Don confronted her.

Cathy broke down and began to cry. "I guess I feel
insecure. The kids are growing up and don't need me th
way anymore. And you could walk out and leave me tom

Don was flabbergasted. Leave her? *Him*? He was
itself. Cathy persisted. She said she wanted to go b
nursing school and get her B.S. degree. Why did she
job, Don wondered. Hadn't he always been a good pro

"It's not that I *need* a job," said Cathy. "It just seems
these years of being a housewife haven't added up to n
feel like I'm wasting my life. I don't want to be just the
of my children and your wife. I want my own identity."

Don winced. "I have yet to see a real-life identity
down the street, honey. That phrase gives me the hive
you haven't wasted your time. You've been a great w
mother." He felt hurt, confused and, like Cathy, tr
Hadn't he spent the best years of *his* life earning a living
family? Why didn't that seem to count for much no
agreed that she should go back to school—if that was wh
really wanted. But he couldn't work up much sympa
Cathy's mid-life crisis.

"Men have great difficulty understanding women's ne
independence," explains Dr. Robert Brannon, a psych
who specializes in the study of sex roles and the author
49% Majority: The Male Sex Role. "They have been trai
be logical and pragmatic—not emotional. So when a
like Cathy argues that she wants to be self-sufficient,
money but for personal fulfillment, many men are at a l

Basically a caring, loving husband, Don has begun to
stand why acquiring a profession is crucial to Cathy's se
self-esteem. He also appreciates that it took a lot of guts
the boat at her age. Now leading a life she feels is more
own design, she seems to have blossomed.

Husbands who can't let go

Unlike Cathy Warner, Sue Berger had no trouble conv
her husband that she should work. When she suggeste
she'd like to turn her hobby, designing clothes, into a fu
business, Larry, a successful San Francisco lawyer, was e
astic. Sue, pleased at his response, explained that she'd a
found the perfect store to rent.

"I think that's great," said Larry. "I'll have my secreta
to make the arrangements for a lease tomorrow."

Sue's euphoria dissolved. Throughout their ten ye
marriage, Larry had always run everything, from choosi
family car to planning what to serve at a dinner party.
now trying to run her business, too?

"I don't need your help," she said with exasperation
run the show, you run me, I live through you. Why
always have to be in control? Maybe I've let you befor
I've changed in ways you can't understand." *(cont*

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HURTING HUSBAND

continued

Larry was crushed. "Change all you like," he told her. "Just let me come along." All he wanted to do was, well, help. Maybe he *had* been running her life, but she'd *let* him. It seemed to him that he was suddenly getting demerits for the same qualities that Sue had always found attractive in him—his strength, his aggressive style, his ability to master situations quickly. Wasn't this how he'd always been told he should act? No wonder he felt like a scapegoat.

Larry failed to realize that the times have passed him by. "Yesterday's take-charge guy is today's male chauvinist who is hampering his wife's struggle for self-definition," says Dr. Brannon. "Most men grow up needing to be in control. As long as they can approve of what their wives are doing, that makes it okay. But suddenly they are being told, 'I don't need your approval. I can do it myself.' Naturally men feel threatened."

While some men can't quite figure out how to change, others, like Peter Wasserman, a hard-driving Wall Street executive, see no reason why they should. The crisis came in the Wasserman household one night after Peter got home from work. He poured himself a drink, turned on the TV and put his feet up. Suddenly Karen and Jimmy, aged five and seven, began to fight. Peter called to his wife, Ann, in the kitchen to help make peace.

Ann was angry. "You're their father, Peter. It's time you start acting like one. You don't ever show any interest in what's going on here. You never seem to listen when I talk to you. The kids and I are at least as important as your clients. I won't go through life without a decent relationship with my own husband!"

Ann had begun to recognize that her responsibilities as a housewife were just as crucial as Peter's at the office. It was about time that he realized that they were in this marriage together. But Peter was hopping mad. As he put it, for eight years "I acted like the man of the house. What's wrong with that?"

"Men like Peter enjoy being king and feel entitled to more than their piece of the pie," says Dr. Brannon. "They feel they can get their way by demanding and by playing on a woman's ever-ready guilt. Thank goodness, most women now have the guts to say, 'Hey, we're partners . . . not master and slave.'"

Renegotiating the contract

The old contract that had men bringing home the bacon and women waiting in the kitchen to cook it is no longer viable. For one thing, because the bacon has become so expensive, it often takes two paychecks just to afford meat on the table. Women also realize that the quality of family life improves when husbands share child-rearing, and that relationships thrive when there's more mutual awareness and greater emotional interaction.

Women are demanding change, but few men see the necessity of renegotiating the old terms. "Men have grown up without realizing the importance of emotional support," says Dr. Brannon. "They have never spent much time or energy thinking about the quality of a relationship. They focus on the quantity of cash coming in and going out, and view home as a haven in a heartless world, not as a place to augment mutual awareness. So when women ask for these other kinds of support—sensitivity, responsiveness, help in the household—men are caught short."

We women say we're not really asking for much. But perhaps we must face the fact that relationships don't change overnight. Women have to recognize that every change requires time for adjustment. And maybe it's time, too, that we examine how the demands we're making on our husbands affect *their* lives.

Ultimately, what worries men most is the fear that they will be emotionally abandoned by women, explains psychotherapist Jerry White, a specialist in male problems. "Men need women more than women need men. Their greatest anxiety is that their wives might declare: 'We can get along without you.' Men need women inordinately because women are their only human connection. This stems from our sex-role definitions in child-rearing. Boys are close to mothers—not fathers—and this rapport with the opposite sex carries into adulthood."

While women form nurturing ties with each other, men often only have buddies. A man can't open up with a jogging partner or business associate since he feels he always has to have his guard up, save face, appear invincible, explains Dr. White. "Because he's cut off from his own sex, a man is overly dependent on the woman as the all-purpose emotional provider. This overloads the relationship."

Another reason men feel threatened, Dr. Brannon feels, is that in the past men have felt they played a very special role in women's lives. They wore the pants in the family because they brought home the paycheck. Often they see their wives' careers, no matter how uncompetitive, as a direct assault on the one domain they have held most dear: their jobs. Many men *are* their jobs.

"This anxiety is difficult for women to appreciate because, until recently, women have never identified themselves with work to the same extent as men," explains Dr. Brannon. "But a man's job pretty well defines him—both in the eyes of his male peers and in the eyes of women. His income and status are tightly bound to his masculinity. His job is the one thing that he thinks his wife admires him for. So if she enters the work force, his unique achievement is undermined."

Sure, he's worried about the competition for power. But that's only part of the problem. To his mind, he's caught in a double bind. On the one hand, he's expected to succeed on the job. On the other, he's being asked to assume more domestic responsibilities and help raise the kids—something he's always considered to be the woman's role. To him, satisfying these two functions seems not only overwhelming but contradictory.

The dilemma of Baltimore accountant John Langsley is typical. The daily pressure at his job—handling the money flow for a large corporation—is enormous. Then he gets home at night and his wife, Ruth, hits him with another set of demands: Do more around the house, relate to the kids more, be there for me. But if he spends more time and energy with the family, he might not have enough spunk at the office the next day. If he slips on the job, will he lose her love?

John felt he was being pushed into a corner. "You want me to be a hotshot and earn more money, which takes total dedication on the job. And then you complain that I'm compulsive, driven. But that's what it takes to make it in my business."

In some instances, wives may be asking their husbands to alter their behavior in ways that are impossible. "Women want a man to be sensitive and nurturing," Dr. Brannon comments. "Yet they also want him to be a hard-driving big shot. But the tenderhearted guy who's a great family man is not the type of fellow who can muscle his way to the top. Conversely, the 'top banana' may have no aptitude at all for intimacy and domesticity."

As shock waves subside

Today more and more men are beginning to recover from "liberation shock." They have struggled to put their relationships with women into a new perspective. Many now share with us the notion that it's time for both sexes to reassess the balance of caring and responsibility.

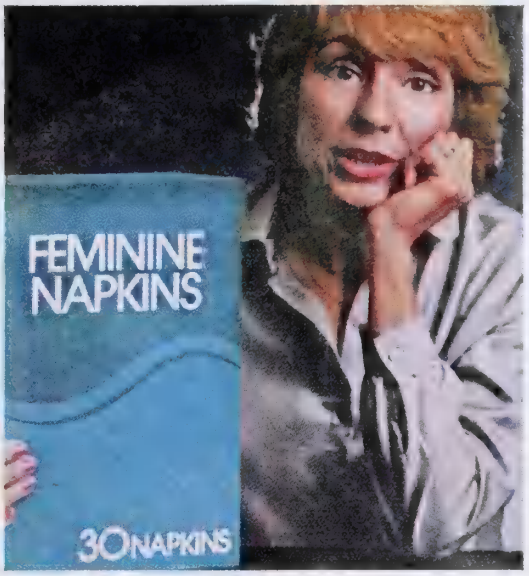
"Men are beginning to realize that they have victimized themselves," says Dr. White, "by subscribing to the 'Me Tarzan/You Jane' syndrome. They have driven themselves until they drop. They haven't taken the time to develop warm intimate relationships with others."

Men have a lot to gain as they release themselves from old strangleholds, says Jonathan Martins. "Too many men have an emotionless glaze over their eyes. You could call it a 'masculinity disease.' It's lethal to us and our relationships with women. But now men don't have to feel like idiots when they express their emotions."

Another payoff, of course, is that women's quest for equal responsibility lifts a huge burden off men's shoulders. If the car breaks down, the pipes burst, the sex drive falters, the savings run low, it's no longer solely his fault.

(*continued on page 40*)

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HURTING HUSBAND

continued from page 36

"I don't have to play God anymore," says an engineer from Long Island. "If I'm not sure I can say so. It sure beats the old macho bluff and bluster."

Many men are enjoying the pleasures of financial cushion and the freedom to maneuver because there's now a second paycheck in the family. When his wife was promoted to assistant manager of a knitwear firm, one husband was able to ease up at his own job. He even took a vacation for the first time in ten years—an unanticipated bonus. Thanks to his live-in girlfriend's salary, a social worker was able to leave the job he detested for a lower-paying, but more satisfying, one.

Paul Jarrett, a St. Louis architect, describes the system of mutual advancement he and his wife, Judy, have devised. They call it "fair exchange."

Paul ran the household while his wife got her degree in psychiatric counseling. When she took a university position, the extra income helped Paul to start his own firm, a lifelong ambition. Now Judy has cut down on her workload so that her husband can put in the necessary long hours at his new office. But Judy still intends to get her doctorate and then Paul will again cover at home.

The thing they worry about most is that two full-time careers may prove a strain on their children. "But Judy's a wonderful role model for our daughter," Paul declares proudly. There is no sense that he feels threatened by his wife's success. On the contrary, he says that Judy's self-sufficiency has solidified their marriage, not torn it apart.

Still, in a crunch, Judy admits Paul's job comes first. They might relocate for his job, but not for hers. "That's just the way it is, realistically," she says. But both recognize her dedication to having a career and he keeps his family as much at the center of his life as she does. That's a lot of change in one generation.

Changing family styles

Not every family has to face the changing-role crisis, of course. Some women cling to traditional patterns, in which they still feel most comfortable. Others opt to maintain the status quo for different reasons. But as more women—through either choice or necessity—reach out to pursue careers and other activities outside the household, there are inevitable conflicts, compromises and collisions. How can both men and women best resolve the problems?

Understanding. It is as important to understand men's new stresses and adjustments as it is those of women. When an angry and resentful man is shouting about getting his own dinner one or two nights a week, he may really be saying, "Help! I don't feel loved or important anymore." Talking it out helps. Patience and flexibility are needed. If you love him, don't demand miracles overnight. It often takes months. It may take years.

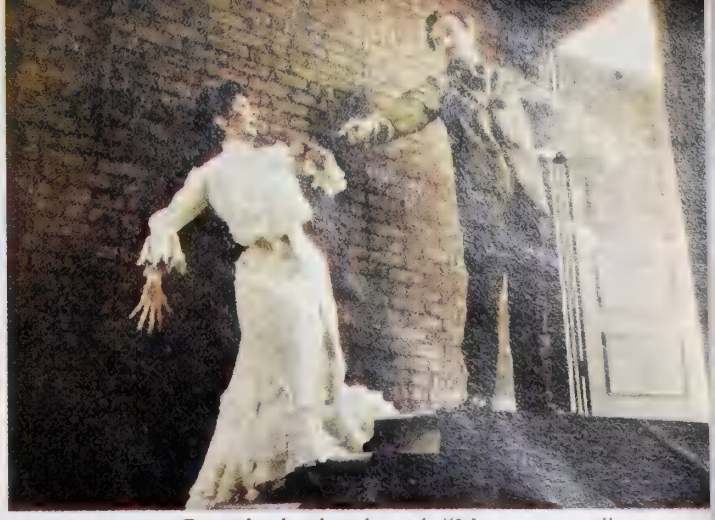
Acceptance. Some things can be changed; some cannot. One husband of a successful editor always insists, "I order the wine." There are certain token symbols that it may be wise not to touch, especially if they seem crucial to your husband and aren't all that important in the scope of the relationship.

Mutual commitment. The real answer lies in sincerely acknowledging your mutual bond. A couple that values marriage and family above individual goals will find it easier to struggle through personal crises and clashes of self-esteem. It's always easier to cushion tough decisions with love and generosity. This sense of partnership, in which her gains are his and vice versa, helps turn the shocks of change into unexpected rewards.

He may still occasionally sing, "I want a girl just like the girl who married dear old dad." But he'll be glad he's married to a 1981 woman like you. **End**



ce upon a midnight dreary, while her husband
ıdered weak and weary, Mrs. Jessica Ward
ɔked a cigarette outside his chamber door.



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BETTY FORD
Finding Courage in Pain



Bringing new inspiration to the millions of women who share her suffering, the former First Lady talks for the first time about arthritis and how she has learned to live with it. By Phyllis Battelle

Seated in a deep club chair at home in Rancho Mirage, California, Betty Ford seems surprisingly tiny, almost fragile, in blue slacks and a silky shirt. A 1978 facelift makes her appear softer as well as younger, but her fingers are swollen, the knuckles knobby, one thumb misshapen. She spreads her hands out, smiling wryly. "They're getting crooked, and weak," she quietly admits. "I can hardly open a door."

Plagued by off-and-on bouts of pain for over 16 years, Betty never has talked much about her arthritis, because a side effect of the disease is psychological depression. "And let's face it, nobody wants you around if you're depressed. I like people, want to be with people—and I've learned that if I want to be with people, then I'd better get out of the doldrums. That's easier said than done, I admit."

Wherever she appears, Betty Ford is quickly surrounded by women who feel a need to talk to her. Her personal troubles and her candor in admitting them make her seem close, touchable. "Betty Ford, you saved my life!" is a declaration she hears often, from women who found the courage to seek help after she converted her 1974 mastectomy into a plea for cancer checkups, and her confession of alcoholism in 1978, which offered reassurance that drug dependency is not a disgrace but a disease.

But ironically, the problem that has been with her longest, arthritis, is the one she has been quiet about. Now she wonders whether her silence was caused partly—strangely—by embarrassment. "There *is* a stigma to it," she says in the quiet elegance of her study. "People think it's an o-o-o-l-d people's disease and a boring disease. It is neither of those, I assure you. Arthritis means living with pain, and giving up things you have always loved to do. How *can* people be bored with that?"

Now Betty has decided to "go public" with her arthritic condition. Her jaunty outspokenness is replaced with a measured, hesitant speech. "Forgive me," she apologizes, "for speaking so slowly. But I want to choose my words very thoughtfully. When I am dealing with a serious subject like this, I must be extremely careful."

Hospitalized more times than she can remember with her particular form of osteoarthritis, she has recently seen it spread, and knows that the severe pain is only part of the problem. "I have bad days. I have a lot of bad days when I hurt, when I'm depressed, emotionally down, all those things," she says straightforwardly. "I will not use the word 'pain' to describe the feelings because it is hard to differentiate among all levels of pain. Sometimes it is sharp and acute and, in many ways, that is easier to cope with because I have learned that doctors can do something about those sharp stabs. At a certain point, I know they will end.

"It is the dull, unending, ever-with-you discomfort that is, to me, the most depressing. Whenever that sensation comes, I simply retreat from everyone—just go off and feel sorry for myself, get over the 'poor me's'—and then try to bounce back."

For several moments, Betty gazes silently out at her desert garden, collecting her thoughts. Then she says, in a voice bordering on melancholy:

"I could be very depressed. I have three diseases, not one of which has a cure. I have had cancer, on which a great deal of research is being done. I find hope in that, but whenever I am due for a checkup, I become depressed. I have the disease of alcoholism and chemical dependency, which comes from the use of medicines and social drinking. And I have osteoarthritis, which is always with me.

"All three of these are *women's* diseases. They are very prevalent among us," she says firmly. "I feel very fortunate that I have learned to live with every single one of them—to face up to them and cope."

(continued)

Photograph by Harry Langdon

"I wouldn't dare just condition my hair."

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Overworked hair needs more than just conditioners. It needs moisturizers to replace the natural moisturizers blow-drying, hot-rolling, curling, perming and stripping take out of your hair.



Enhance® has moisturizers that are so rich and creamy you can feel a difference in your hand. It'll make a difference in your hair.



Would you dare do less for your hair?



Enhance Instant Conditioner moisturizes overworked hair.

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HOT ITEM.©

CALIFORNIA AVOCADOS AND HORMEL CHUNK HAM MAKE AN EASY MAIN DISH.

Here's a hot idea for a tasty main dish. And it's deceptively easy. Just fill delicious, golden-green avocado halfshells with this hearty Hormel Chunk Ham mixture, and crown with cheddar cheese. Make it tonight and be a hot success.

HOT HAM ON THE HALFSHELL

½ cup thinly sliced celery
2 Tbsps. finely chopped green onion
1 Tbsp. butter or margarine
1 can Hormel Chunk Ham, flaked with fork (you can use Hormel Chunk Chicken or Turkey, too)
½ cup frozen green peas, thawed
1 Tbsp. sliced pimientos
3 Tbsps. French salad dressing
3 large California Avocados, halved, pitted and peeled
½ cup shredded cheddar cheese
Ground pepper to taste

Saute celery and onion in butter until tender. Add ham, peas and pimientos; stir over medium heat for 2 minutes. Add French dressing; stir and heat to serving temperature. Season with ground pepper to taste.

Place halfshells in heatproof serving dish; mound with ham mixture and top with grated cheese. Broil 3–4 inches from heat for 2 minutes or until cheese melts. Serve immediately. 6 servings.

Hormel





LOVE FOOD FROM CALIFORNIA

© 1980 California Avocado Commission

BETTY FORD

continued

Now she wants to help other women pe with arthritis. Rheumatoid arthritis, e most potentially crippling form, is ree times as common in women as en, and Betty feels that too often rela- ves and friends of arthritis victims don't alize how much suffering there is. "'It's ly arthritis,' they say. They have no ncept of the intensity of anguish many ople feel. Beyond the physical prob- ms, the disease has great emotional im- ct and requires a lot of understanding."

No predictable pattern

Typically, the arthritis flares up, then cedes, then flares up again in an unpre- ctable pattern. Some people, seeing a rson in pain in the morning, limber d chipper at noon, and in misery again nightfall, think the victim may be utting on" an act to gain attention or mpathy. It's not an act, and perhaps the ost distressing aspect of the disease is at it's not a temporary affliction either. Once you have arthritis the chances are at you'll live with it always. Keeping it der control becomes a way of life.

"There is no cure yet," Betty says. But if people recognize the symptoms in me, arthritis can be treated and con- olled—if they understand the disease." t the incredible fact is that, being unin- rmed, most sufferers wait an average of ur years after the first symptoms before eking medical diagnosis. "And then it is o late. Many people are crippled who edn't have been."

Over the years, especially the White ouse years, Betty tried to be stoic, but ncedes it wasn't easy. "I used to make ublic appearances and then go straight bed. Other times, when it was bad, I st had to cancel engagements, and ey'd put out a little press release." nce then she has had to give up almost physical activity. "I had always been a ncer, since the age of eight, and that as the predominant love of my life as far activities are concerned. Arthritis took at away. My husband has arthritis in his nees; he had surgery for it last spring, d there still may be future surgery."

There are several different forms of ar- ritis. Osteoarthritis, Betty Ford's vari- y, is the most common. It is caused by wear and tear" or sudden traumatic in- ry to the joints of the body. In a normal int, where two bones meet, their ends e covered with layers of smooth, elastic aterial called cartilage. When the car- lage degenerates through age or shock, e bone ends thicken and no longer ide smoothly across each other. This uses mild pain or nagging discomfort. ut there is a variety of osteoarthritis that different. It comes on relatively early in fe—in the 40s—most frequently affects omen, can be severely painful and involves the bony protuberances over the joints of fingers and toes (witness Betty's "crooked fingers").

She remembers precisely when and how her problem started.

"It was in August, 1964, when Jerry and I and the four children still lived in Alexandria [Virginia]. This was a traumatic case of waking in the middle of the night in terrible pain, which was focused in my neck but shot up into my head, out across my shoulders and down my left arm. I was scared, but I didn't want to disturb my husband so I climbed out of bed and went downstairs. I tried, without any success, to sleep on the couch. Early in the morning, when Jerry found me, my left arm had gone totally numb." At her age today, 62, she would have thought of heart attack or stroke. "But I was young then, and very healthy. That idea never occurred to me."

Jerry rushed her to the National Orthopedic Hospital. "The doctor diagnosed it as a pinched nerve, and immediately put me in traction." Trying to find a cause for the condition, Betty remembered that a day or two before she had reached across a kitchen sink to raise a window. "I'd felt a nasty twinge, a sort of 'ping' of pain, at the instant I lifted that window. A little thing." But that is how many such problems begin.

In the hospital Betty was given injections of gold salts to reduce inflammation in her joints. "I was crying from the pain whenever I was taken to therapy. There I was, age forty-six, and I looked and felt like a crippled old lady of ninety."

Darvon didn't help

When she was released, doctors prescribed Darvon, a popular painkiller at the time. "It was the first time I'd had medication of any kind, for anything. As always, when new drugs come on the market, doctors love to try them out." The Darvon, which later was proven dangerous to some people, didn't help. She was returned to hospital traction, given more therapy and more medication.

For months afterward, "I would go two or three times a week for hospital treatment." Meanwhile, her husband had become Minority Leader of the House of Representatives, and as she says in her autobiography, *The Times of My Life*, he was away from home 258 days of the year. "The loneliness, the being left to yourself at night, are what make marriages crack, and make liquor more attractive." The Ford marriage didn't crack, "but during the time when Jerry was gone so much," she confesses, "I developed a problem."

The physical and emotional pain became fused, and Betty visited a psychiatrist for awhile, twice a week. "He was a sounding board. I could tell him all the problems I couldn't talk to anybody else about. My back hurts, there's dope in the schools, and Jerry's away." Not that she mentioned the back first, but by that time the doctors had told her she had developed osteoarthritis as a result of the pinched nerve. "And let me tell you," she says, "the pinched nerve with the arthritis was a terrible combination."

The fact that she was under tension didn't help either. "I was overdoing, trying to be both mother and father. I know now that emotional upsets and stress can bring on the pain of arthritis. If you have this disease, you learn to test yourself over the years, and I find that when I start to feel uptight or get short with my family, then it's necessary to stop and reevaluate my schedule. If necessary, to eliminate something." But in the early days, "I didn't know about those early signs that warn me when I'm getting worse. As a result, I relied on medication and tranquilizers to give me relief for the stress. And I got into a lot of problems."

Prelude to drugs and alcohol

In a way, arthritis was the prelude to her drug and alcohol dependency, but Betty is cautious when she speaks of medication. "The doctors meant well. The drugs they prescribed were tried and true. But perhaps they were a bit too generous in refilling my prescriptions."

She pauses again to plot her words cautiously. "But just because I am sensitive to any mood-altering drug, I would never, never suggest that arthritic people should stop taking medication. It is vitally important to take the doctor's advice." But she also feels it is the "responsibility" of the patient to be informed about what the medicines are supposed to do, and to advise the doctor promptly if there are any "negative side effects as far as your own personality is concerned."

Recently, because of her own sensitivity to all mind-altering drugs, Betty has coped without medication. Her "natural" painkillers include moist heat, manual traction by hospital therapists, exercise, prayer and, "when it gets really bad, I get ultrasound treatments, and I've found a fine Chinese doctor who gives me acupuncture. It helps for awhile."

Occasionally, she takes a mild analgesic compound to ease the aches, "but I can't tell you the brand name," she smiles. "People write every day to ask, 'What do you do to keep from having pain?' If I told them, they'd immediately go out and buy two bottles, and you see, that could be very harmful. Because everyone reacts differently. Doctors keep telling me it's very dangerous when people with arthritis use 'home remedies' or quack medicines, because the arthritis can be doing damage inside your joints, which no amount of later treatment can undo."

Nevertheless, quack solutions to arthritis abound. It's estimated that nearly one billion dollars are spent on fraudulent and misrepresented drugs, gimmicky treatments or gadgets, unproven remedies and special foods or ointments.

"I think that's a *sin*," Betty *(continued)*

BETTY FORD

continued

says. "People in constant pain will try anything to get relief, and many people on limited funds are wasting money they can't afford to waste on all these things that can't help—and might hurt—them. Think what would happen if all that quackery profit were put into research," she adds indignantly. "We'd probably have a *cure.*"

What *is* spent annually for research is a more modest $50 million, but there is hope that some day a drug or vaccine will be developed to interrupt the inflammatory process or prevent it completely. Researchers now believe that rheumatoid arthritis is probably triggered by a virus (maybe even mononucleosis) and that some people have a genetic predisposition to the disease. An actual breakthrough, however, is still lacking.

As it is, one of the most effective anti-inflammation and pain-dulling drugs is plain aspirin. One 15-year-old girl with rheumatoid arthritis takes 90 grains of aspirin a day (there are usually five grains per tablet), but many others can't tolerate these high dosages. Surgery, too, works for some people, but not others. "I've had myelograms, where they inject dye into the spine, then X-ray it to see if there is any correction possible," says Betty. "But the doctors always said there was only a fifty-fifty chance that surgery would help me, and those aren't very good odds."

Positive outlook

Betty is resigned to the fact that "you have to look at it positively. When you're in real trouble, then get yourself through it, it's almost a spiritual lift. I've always been a religious person, so I find a lot of strength in that. Oh, in prayer I've sometimes sworn at God. And I think that's normal, especially when you lose someone you love, or you see someone suffer for no apparent reason at all. I look at these poor children with Juvenile Rheumatoid Arthritis—did you know there are 250,000 of them? Innocent creatures who never hurt a soul, yet have to bear that burden. It's hard to make these things seem God-like," she says gently. "But there are compensations. These children, more than normal ones, find a beauty in life and a strength."

Always on a prescribed exercise regimen of swimming, sit-ups and brisk walks in the desert heat (which sometimes tops 115° F.), Betty appears superbly fit. Arthritis specialists insist a warm, dry climate can't change or correct an arthritic condition, but say in some cases it makes patients feel better. "I happen to be one of those who feels better," Betty says. "That's one reason we selected this area."

And of course, she looks much younger than she did in the Washington years. Betty recalls that her husband and children were against her having the facelift. "But fortunately I was at a point in my life where I could wield a little power, having just come out of my month-long treatment for drug dependency," she says, smiling at this innocent emotional blackmail. "So I just told them, 'I want to look as good on the outside as I feel on the inside.'" What could they say? "When Jerry saw me right after the surgery, he thought I looked black and blue and terribly battered—I don't think he was at all prepared for the recovery part. But afterward, he was pleased."

The cosmetic surgeon told her the "lift" would last for about five years, but that a second operation was usually even more successful than the first. "I don't think I'll wait till the five years are up before I have another," she smiles. "I want to be sure I live long enough to enjoy the next one."

Betty says that she was embarrassed at first to admit she was an alcoholic. "Of course, because of the stigma attached, and the fact that women alcoholics were a fairly new sort of phenomenon. Now coming out more." Betty's family chose protect her, not from the stigma, but fr herself. On April 1, 1978, shortly bef her 60th birthday, Jerry and the childr held a conference with her—and it w no April Fool's joke. They cited the tim she had fallen asleep in her chair afte few drinks, days when her speech w slurred, times when her memory h lapsed. They wanted her to get treatme

Betty has admitted she was deep hurt. She collapsed into tears. But s realized that it took courage for the fam to confront her with the truth—and s found the courage to accept their advi Even in the hospital, Betty at first balk at the idea she was an alcoholic; dru dependency, yes, but drinking too mu was hard to accept. Now she knows s was as ill-informed as most of the publ

"The American Medical Association h recognized for 25 years that alcoholism a disease, but people still think of it a lack of morals or willpower. They s 'Oh, she could stop if she wanted to,' b it's not true." Betty's father had been alcoholic, and she says "more and mo experts believe the disease is genetic."

Today, Betty has no desire to drin and enjoys soda before dinner. At part with such luminary neighbors as the B Hopes and Frank Sinatras, she claims have even more fun on straight tonic wate

With frequent travel, two new gran children, 6,000 letters a year to answ her daily therapy and the continui commitment to help others, Betty h her priorities in order. "I draw streng from that," she says quietly. "I think th doing constructive things and helpi people is probably the best cure in t world for your personal problems." Wi that kind of philosophy—and her expe ence—it's hardly surprising that Betty h set out to awaken the country to arthrit "the most crippling disease in America And as part of her new commitment, s readily agreed to a National Arthri Foundation request to make some tele sion spots and help convince peop "there is no stigma to the disease."

Slowly the former First Lady stan up, flexes her shoulders and stretches, a gesture both automatic and familiar the more than 31 million Americans wh share arthritic pain and stiffness.

"I can live with it," she says. "I can g along beautifully because I have a stro survival instinct, which I think I' proven many times. I think most peop can live with pain. It is what the pa brings—that awful depression—that is hard to take." A tranquil smile sprea across Betty Ford's handsome face. hope that somehow I can help oth women to cope as well. Because as I sai helping others is the best way of gettin through the down periods. I don't wa to sound too Pollyannaish, but it's tru And *I* can always," she chuckles softl "use a little more help." En

ARTHRITIS FACTS

Arthritis literally means inflammation of a joint, and studies show that practically everyone who lives long enough will suffer from some form of the disease. Unbelievably, 97 of 100 Americans over the age of 60 have sufficient arthritis to show in X-rays.

Briefly, the most common forms of arthritis are: rheumatoid arthritis, the most serious and crippling; juvenile rheumatoid arthritis, which affects 250,000 children; osteoarthritis, the most common variety; gouty arthritis, which more often strikes men; ankylosing spondylitis, an inflammatory disease of the spine; and systematic lupus erythematosus, which can damage many areas of the body, from skin and joints to internal organs.

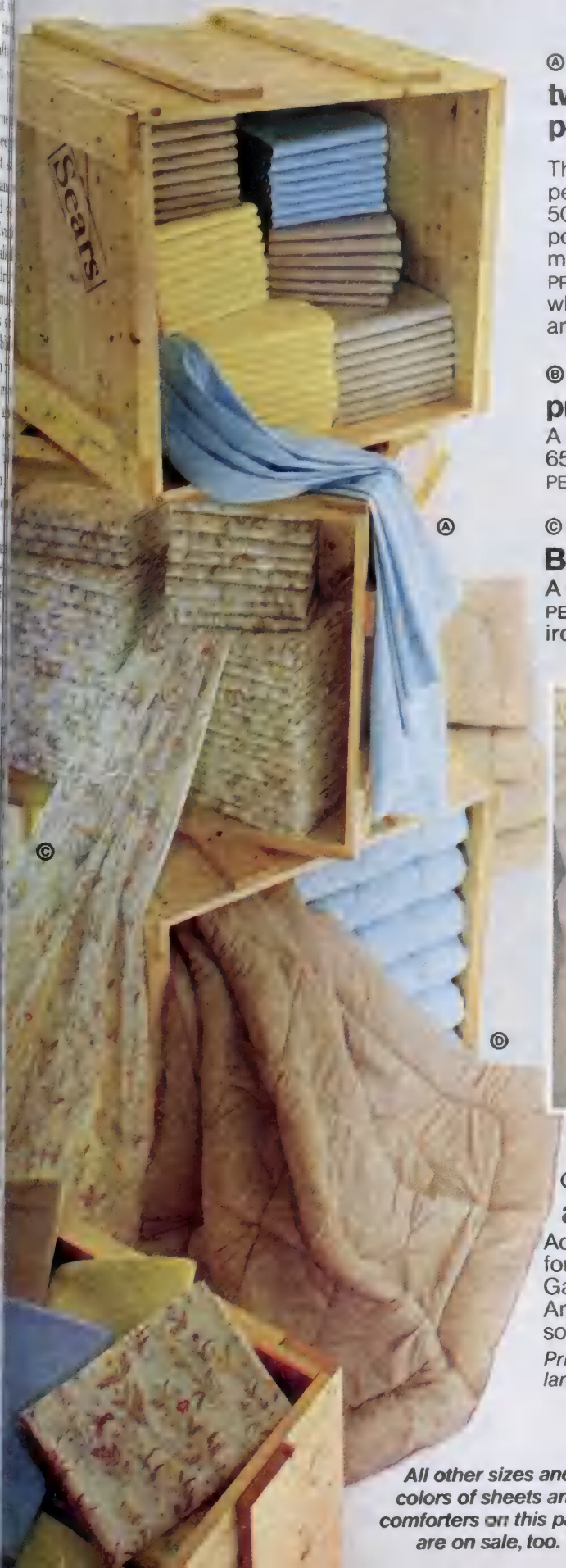
If you suspect that you have arthritis, seek prompt medical attention. At present, there is no cure. But there *is* care and control. Arthritis warning signs include:

- Persistent pain and stiffness on arising.
- Pain, tenderness or swelling in one or more joints.
- Recurrence of these symptoms, especially when they involve more than one joint.
- Recurrent or persistent pain and stiffness in the neck, lower back, knees and other joints.

For further advice, contact your local branch of the Arthritis Foundation, or the National Arthritis Foundation, 3400 Peachtree Road NE, Atlanta, Georgia 30326. For a free booklet called *Arthritis*, published by the Food and Drug Administration, write to the Consumer Information Center, Dept. 577J, Pueblo, Colorado 81009.

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Sears big bold WHITE SALE
Dec. 26, 1980-Jan. 24, 1981



Ⓐ Save 30% on twin size Harmony percale sheets

These soft durable percale sheets are 50% cotton and 50% polyester. They're machine washable and PERMA-PREST®—so they don't need ironing when tumbled dry. In blue, yellow, and beige. Reg. $4.99.

$3.49

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A beautiful, multicolor print sheet. They're 65% polyester and 35% cotton percale—and PERMA-PREST.® Reg. $5.49.

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Ⓒ Save 50% on Sears twin size Bon Bon Floral muslin sheets

A wonderful value! Pretty, floral, muslin sheets. PERMA-PREST,® too—so they don't need ironing when tumbled dry. Reg. $4.49.

$2.22



Ⓓ Save $6 on coordinating solid and print twin size comforters

Accent your sheets with matching comforters. Both Harmony and Sherwood Garden comforters can be machine washed. And, of course, they're PERMA-PREST,® so they don't need ironing when tumbled dry. Reg. $25.99.

$19.99

Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

All other sizes and colors of sheets and comforters on this page are on sale, too.

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Great savings on colorful percale sheets and coordinating comforters

Ⓐ Save 28% on twin size Colormate piped percale sheets
A handsome addition to any bedroom, the hem of each sheet is double piped in contrasting colors. Machine washable 50% cotto and 50% polyester. PERMA-PREST®—so they don't need ironing when tumbled dry. Reg. $6.99. **$4.99**

Ⓑ Save $9 on twin size Colormate percale comfo
This reversible comforter is perfect with your Colormate piped sheets. It's dark on one side, light on the other. Easy care, too. Machine wash—tumble dry. Reg. $34.99. **$25.99**

© Save 26% on Sears twin size Plaid percale shee
Bold window-pane patterned plaids in beige with chocolate or navy blue. 50% cotton and 50% polyester. PERMA-PREST® too. Reg. $7.49. **$5.49**

Ⓓ Save $9 on twin size Cuffs comforter
More beautiful reversibles. Rust to chocolate. Navy blue to came Just right with our Plaid percale sheets. 50% cotton and 50% polyester. Reg. $34.99.
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Diane Von Furstenberg exclusives! Now specially priced at Sears



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Ⓔ Save 26% on classic Eternal Tree twin size print percales

Diane Von Furstenberg's elegant garden of flowers is displayed on a background of light beige. These beautiful sheets are easy-care 50% cotton and 50% polyester—PERMA-PREST® too. Reg. $7.49. **$5.49**

Ⓕ Save $9 on coordinating twin size Eternal Tree comforter

It's a plump, puff comforter and it's machine washable, too. The Eternal Tree pattern on one side, reverses to soft, light beige. Reg. $34.99. **$25.99**

Ⓖ Save 29% on beautiful twin size Carnation Bouquet sheets

Add a romatic touch to any bedroom with these delicately flowered sheets. Multi-colored on a soft blue background. 50% cotton and 50% polyester. PERMA-PREST®—needs no ironing when tumbled dry. Reg. $8.49. **$5.99**

Ⓗ Save $5 on coordinating twin size Carnation Bouquet comforter

This fluffy comforter is accented with a border of ribboned bouquets. Reverses to solid light blue. Machine wash—tumble dry. Reg. $39.99. **$34.99**

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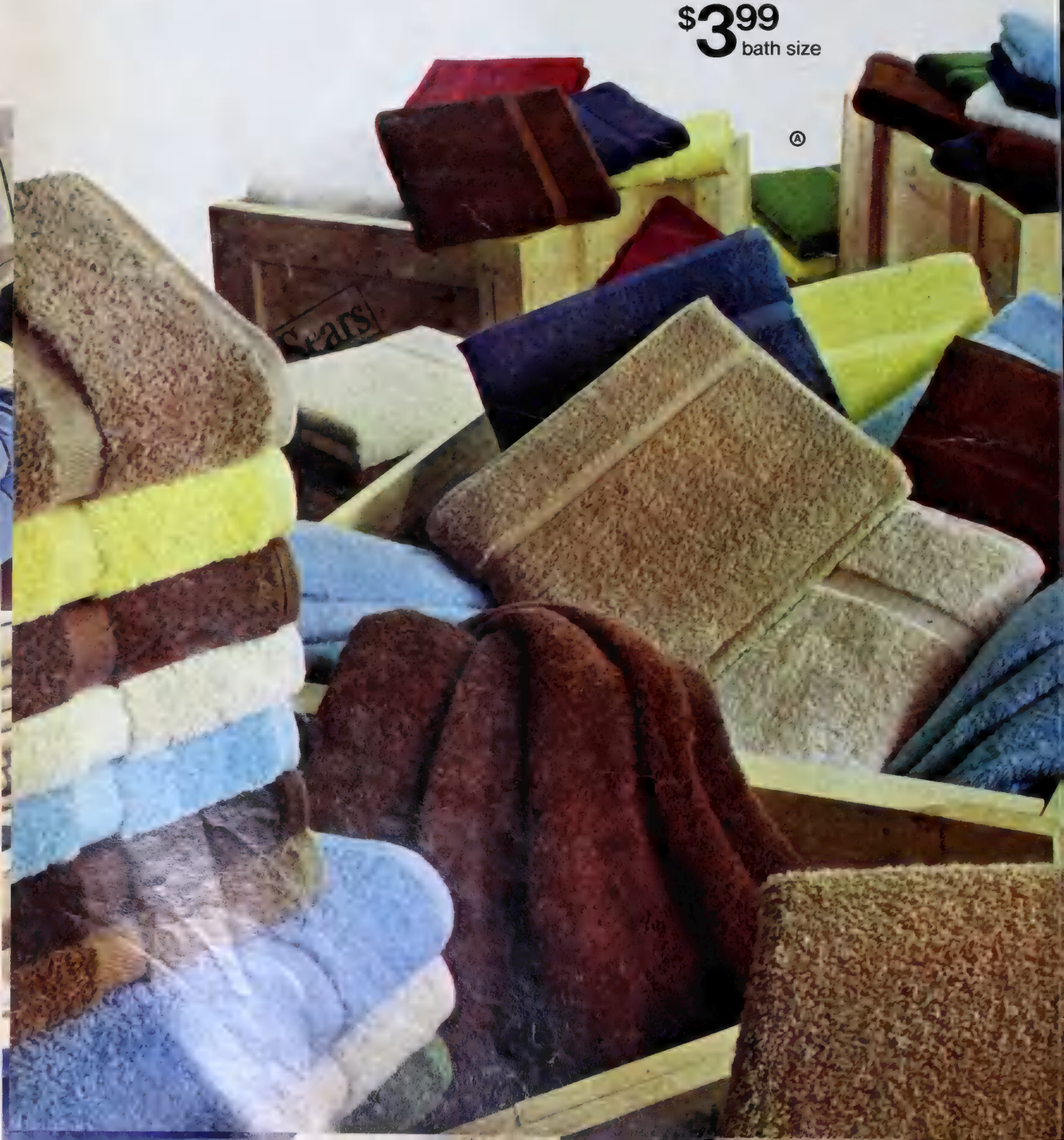
Outstanding values for your bath

Ⓐ Save on bright, 100% cotton terry Sears Colorburst towe

100% cotton makes these towels naturally soft. Thirsty terry loc
on both sides for added thickness. Added absorbency. The hefty
by 50-inch bath size lets you wrap yourself in comfort. And you can mat
them up with any of the coordinating ensemble pieces from
Colorburst collection. All on sale now. Reg. $4.

$3.99 bath size

Ⓐ





Ⓑ Save 25% on bath size Matchmate towels

These Matchmate solid color terry bath towels are 24 by 44 inches. Blended of 86% cotton and 14% polyester. Choose from a variety of mixable, matchable colors. Reg. $3.99. **$2.99** bath size



© Save on Daybreak terry bath towels

Blended of 90% cotton and 10% polyester for soft absorbency. 22 by 44-inch bath size. Choose from a variety of solid colors—at one low price. Reg. $1.99. **$1.69** bath size

Other sizes and colors of these towels are on sale, too.



Ⓓ Save $4 on Sears Matchmate hamper

This handy clothes hamper has the attractive look of wicker. Woven fiber reinforced by a durable frame. Padded, hinged lid is covered with leather-look vinyl. Ventilated bottom and back allows for air circulation—helps prevent mildew, too. Reg. $16.99. **$12.88**

Ⓔ Save $4 on Sears Colorburst Scale, too

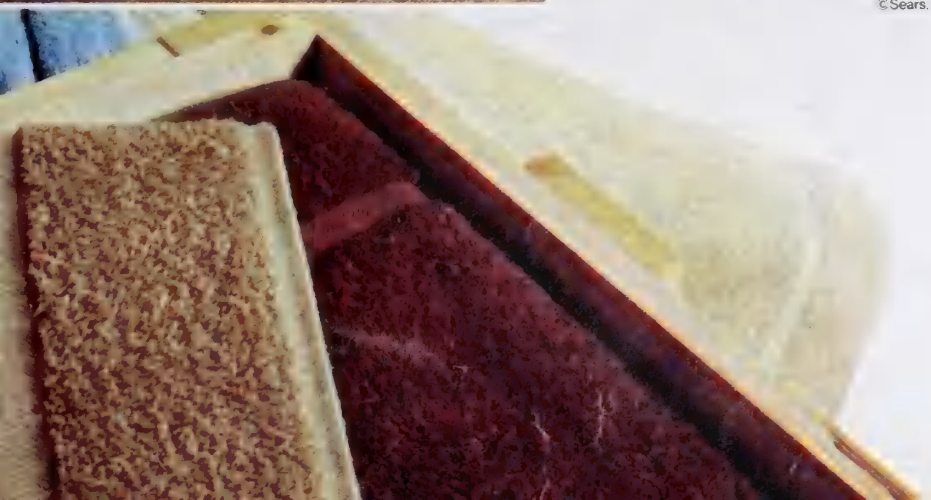
Easy care bathroom scale covered in wicker-look vinyl. Wipes clean with a damp cloth. Plastic feet help to steady scale and protect your floors. Choose from a variety of vibrant colors. Mix n' match with other items from our Colorburst Collection. Reg. $16.99. **$12.88**

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Terrific savings on Sears best-selling rug and shower curtain coordinates





Ⓐ Save 38% on our Colorburst bathroom rug $3.99 (24 by 36-inch size)

Soft Dupont nylon plush pile—a full ¾-inch deep. Backed by Sears skid resistant latex. Reg. $6.49. Colorburst contour rugs, tank and lid covers on sale, too.

Save $7.00 on Colorburst bathroom carpeting, too. Reg. $31.99. Now $24.99 (5 by 6 foot size). Rugs and carpets are machine washable—other colors and sizes are also sale priced.

Ⓑ Save 25% on coordinating Colorburst 6 pc. shower curtain sets

Semi-sheer polyester fabric in a rainbow of solid colors. Shower curtain and valance trimmed with billowy ruffles. Matching vinyl liner is treated with SANI-GARD to prolong freshness—wipes clean with a damp cloth. Reg. $19.99. $14.99

© Save on our Matchmate shower curtain, too

Use this dual-purpose vinyl shower curtain alone or as a liner for fabric curtains. Three sealed magnets hold curtain to tub. Reg. $5.99. $4.99



ther great values for edroom...and kitchen

Save 20%* on the Billow pillow

e best polyester-filled pillow we sell. trel 7® polyester fill won't lump or t. It's non-allergenic, odorless, mildew astant and mothproof. Machine wash, tumble dry. vour choice of soft or medium support. sizes—now on sale.

$7.99 (Std. Size)



Ⓑ Save 20%* on Sears twin size fitted mattress pad

Perma-locked, Dura-Puff polyester fill won't shift. Top, backing and skirt of 50% cotton and 50% polyester. Other sizes on sale, too. $7.99

© Save 20%* on Dacron 808® pillow

This polyester fiber-filled pillow is non-allergenic and mothproof, too. Provides medium support. $3.99 (Std. Size)

Ⓓ Save 20%* on feather pillow

Our natural fill pillows provide firm support. Choose from three sizes—all specially sale-priced. $10.99 (Std. Size)

Ⓔ Save on Gourmates Kitchen towels

Choose from delightful floral or fruit patterned terry. In four appetizing colors. Matching dish cloth or pot holder are also on sale. Reg. $1.79. $1.29 ea.

Ⓕ Save on a variety of placemats

Choose from basketweave, bamboo or vinyl Gourmates placemats. Big selection—little price. Reg. 99¢. 69¢ ea.

Ⓖ Save on kitchen towels and dish cloths

Choose from our herringbone weave kitchen towels or waffle weave utility dish cloths. 100% cotton—super absorbent. Reg. 3 for $1.19. **Pkg. of 3** 99¢

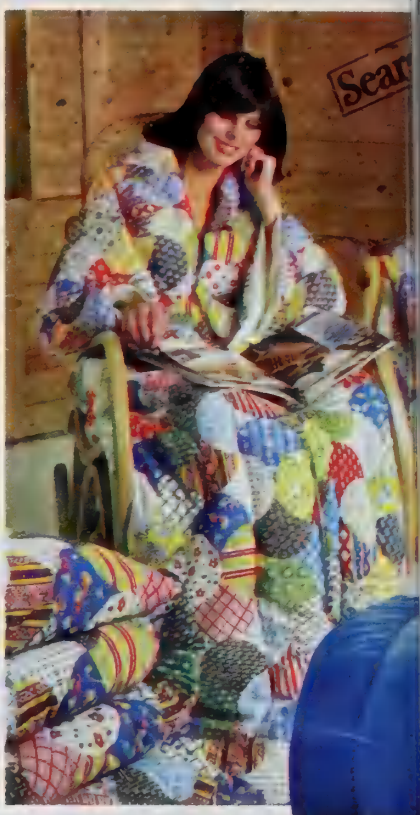
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Warm up to these energy saving values



Ⓐ Save $8 now on Sears twin size Prelude automatic blanket

Dial down your thermostat and sleep warmly under this soft, cozy blanket. Blended of 80% polyester and 20% acrylic. Lighted temperature control. Even at its highest setting, Prelude costs just pennies a night to operate. Machine wash—tumble dry. Reg. $27.99.

$19.99

Ⓑ Save 25% on the twin size Prelude blanket

These 100% acrylic fiber blankets have a softly brushed surface that's gentle to the touch. Blankets are machine washable, mothproof and non-allergenic. Reg. $7.99.

$5.99

© Save $4 on Sears twin size Vel-lite blanket

This luxurious, cushiony blanket retains its velvety quality without pilling or matting—even after 50 machine washings. Reg. $16.99.

$12.99

Ⓓ Save 25% on Sears cozy Body Warmers

Cuddle up in this pretty patchwork print Body Warmer. 50% cotton and 50% polyester outside is quilted around a polyester filling. Body warmers are closed at the bottom to form a pouch, zip up the front and snap around the shoulders. Reg. $19.99. Large size on sale, too.

$14.99 (Medium Size)

All other sizes and colors of these blankets are on sale, too.

Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

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Caught in a time crunch? Feeling swamped by the demands you—and everyone else—are making on your life? Our time-saving tips will ease you through the year ahead. By Susan Gordon

68 Ways to Make More Time in Your Life



The clock ticks on. The calendar pages turn. Suddenly it's 1981 and you have this irrational urge to say, "Hey, wait a minute. I still haven't finished 1980."

Like countless other busy women, you're frequently plagued with the nagging suspicion that if only you were Superwoman you'd have managed to answer the pre-Christmas mail on your desk, give away the kids' outgrown clothes and send the old sofa to the upholsterer—as you swore you would last fall.

"Feeling guilty doesn't help get the work done," says Stephanie Winston, author of the best-selling book *Getting Organized* and efficiency expert to some of today's busiest professionals. "You have to remember that Superwoman is a comic strip character, not a real-life woman."

To find out how real-life women cope with the competing demands on their time and energy, we asked Winston to share her expertise with us. In addition, we queried large numbers of women across the country—mothers, homemakers and working women—to see how they manage. Journal editors also contributed their ideas. The result: a near-encyclopedia of clever suggestions on how to organize everything from your closet to your social life, and how to make time for your children, your husband, your boss, your friends and last—but certainly not least—yourself.

MASTERING THE ORGANIZING PRINCIPLES

The secret, says Stephanie Winston, is to take on not more, but less, so you can effectively address what matters to you. Sort out priorities and then attack. Your goal, she advises, is to take charge of your life, rather than let life take charge of you. The one single device upon which she relies to set her own priorities straight is:

1 A master list. This is a list of your basic goals for the next weeks and months. Use it to draw up a daily "to-do" list to which you also add items that crop up at the last moment.

2 If a master list sounds too formidable and rigid, given your own personal style (the idea here, generally, is to find a system that fits your own idiosyncracies), try another organized woman's list-making tactic: her ABC system. She draws up a list every day and grades each item either A, B or C. "The A items have to be done that day," she explains, "and I try to get to the B tasks. The C items get carried over from day to day until they become A or B priorities themselves. Eventually, most tasks get done, and if something never moves from the C rating, I figure that it wasn't crucial."

A HOME THAT DOESN'T RUN OUT OF CONTROL

Running a home smoothly is no mean feat. It's no wonder that housework often becomes an emotion-charged issue. We don't get enough help from our husbands or kids, and nobody appreciates what we do, yet we still manage to feel guilty if we don't get it done.

3 Establish a realistic attitude about housework. "The day of the white glove test is past," proclaims Stephanie Winston. "It's okay to set *(continued)*

68 Ways

continued

more modest standards than our mothers. Of course you don't want to be embarrassed to bring company home, but if there's dust under a chair, well, you'll get to it in time."

4. Controlling the guilt is "just a matter of not thinking that you have to do everything at once—or alone," says Nancy Patron, an elementary school teacher and mother of two teenagers. Her guiding principle: *Delegate.* Nancy's sons have the responsibility for keeping their rooms picked up. Her husband's regular assignment is the kitchen floor.

5. "We avoid trying to do everything at once," says levelheaded working mother, Marsha Stone. One week she and her husband start cleaning downstairs and work up—and reverse the order the following week. Or if company's coming, "we'll do the 'public' rooms first, bedrooms last. We vary where we begin," she points out, "because we're exhausted by the end, so what's done last is never cleaned as thoroughly."

6. Bow to special circumstances. Recognize, for example, that a new baby throws any household schedule off. "I simply can't be as organized as before the baby came," says the mother of an 8-week-old daughter. "So I'm learning not to let it bother me if the house is in chaos because now it takes more time to finish a simple project. I don't even think about jobs like cleaning out the closets. They'll just have to wait," she says.

Eliminate the unnecessary

7. LHJ's Home Editor Joan Tully practices her professional skills at home, too. To cut down on plant-care time she replaced her small plants with a few big, dramatic ones.

8. It's no more curtains for Joan. Instead, she's substituted the new, thin-slat blinds that just require occasional vacuuming.

9. Decorate all your bathrooms in coordinated colors, she suggests, so that towels and accessories are interchangeable. "If company's coming you'll always have clean towels that match," she says.

10. When you're in the market for a new bedspread try a comforter instead, Joan suggests. "It's easy just to toss it over the bottom sheet, and it's simple for kids to make their own beds," she notes.

11. Products that are multi-purpose are essential in Joan's kitchen: "Aluminum foil takes care of most wrapping and storing. I also invested in a food processor. It performs a variety of tasks and is just one item to clean and store."

12. Personnel manager Linda Green doesn't throw out her old eyeglasses. She keeps them so she always has two pairs—one upstairs and one downstairs—saving her unnecessary trips back and forth.

13. An extra tool kit in the kitchen contains a hammer, screwdrivers, pliers, a wrench—everything Linda needs for little repair jobs upstairs. This eliminates the need to sort through the big tool box in her basement for minor repairs.

A place for everything (or almost)

14. Store things near where they'll be used, advises Atlanta mother Beth Varick. "You shouldn't have to move something else to reach what you're looking for."

15. Use decorative objects as storage containers, ones that are pretty enough to keep out so you don't have to hide everything away in drawers and closets. Linda Green uses a collection of ceramic pots to store herbs, paper clips, pens and pencils. Baskets hold napkins and utensils.

16. Another of Linda's favorite storage devices: clear plastic containers that let her find items quickly in a closet. In see-through plastic shoe boxes she stores shoe shine supplies, the dog's belongings and first-aid items. Off-season clothes go in clear garment bags.

Streamlining day-to-day chores

17. The telephone doesn't have to interrupt your chores. An extra-long phone cord allows suburban mother Debbie Nathan to dust and straighten up ("I've even washed the floor!") while she chats.

18. Marsha Stone keeps her sewing machine open and ironing board up and in the same room. "That way I can do ironing in bits and pieces as a break from sewing. Plus," she adds, "I can just close the door on the mess."

19. Why repeat the hassle of making out a shopping list each week? One busy housewife we know made copies of a master shopping list, which she keeps on her refrigerator door, and checks items as they run out. She lists foods in categories (dairy, meat, produce, etc.). "You'll never have to do another shopping list from scratch," she says.

20. Consider swapping shopping services with neighbors or co-workers. Ann Pastore, who works in a small office in upstate New York, explains: "I'll go to the fruit market and someone else at work goes to the butcher. Or someone going to the deli for lunch brings me back cold cuts that I'll use for supper sandwiches."

21. Take advantage of stores that stay open late. "When I shop at off-peak hours I avoid time-consuming check-out lines," explains one working mother.

22. A new pay-by-phone system, available in many banks, is a real boon for Ann Pastore. She pays her bills with money kept in a savings account so it's collecting interest right up until the bills are paid. With a quick phone call she can pay whatever bills she chooses to, and no stamps or envelopes are required.

23. Journal Food Editor Sue Huffman relies on her children to take care of many errands. Not only is it a big help to her, but she firmly believes it helps make her kids more resourceful and independent.

SOCIALLY SPEAKING: MAKE IT EASY ON YOURSELF

If what should give you pleasure—parties out, friendly dinners at home, buying the perfect birthday present—starts to feel like obligations, it may be time to revamp your social life to make room for the people and events that *really* matter.

Learning how to say "no" (and other social shortcuts)

24. "I sometimes have to be a bit like Hardhearted Hannah in evaluating invitations," admits one competent publishing executive we know. She asks herself: "Do I really want to reciprocate? Do I *want* to give up some of my cherished personal time? If there's no way out, I'll accept; otherwise, I graciously decline," she says. "One of the most valuable skills I've learned lately is how to say 'no.'" *(continued)*





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68 Ways

continued

25. Businesswoman Judy Lahoff avoids concocting convoluted excuses when she wants to say no. She simply says, "I'm so sorry but I won't be able to join you. Thanks for inviting me." This approach also helps deflect counterproposals.
26. Knowing when enough is enough is crucial, says one working mother. "My husband and I get up very early for work, so we just say 'no' during the week. And if there's a lot of pressure at work we halt social plans for a while. Our friends don't feel slighted because we've made sure they understand our situation."

When social obligations accumulate, consolidate your entertaining
27. To repay a year's worth of social debts, Jewel Whitman, a working woman in Utah, throws an all-day open house at Easter time. "It's become a traditional event where I can gather not only my close friends, but new acquaintances and people I haven't had time to entertain individually during the year," she says.
28. Giving business dinners is often more duty than pleasure, so Marilyn Cooper, a department store buyer, maximizes her efforts: "I don't find it much more work to cook for eight than four, so I take care of several commitments at once."
29. So you don't enjoy cooking for a crowd? Inviting friends to her home for "Friday Night at the Movies" is how one mother returns a summerful of neighborhood cookout invitations. Nicole Christianopoulis rents a movie and a projector, invites grown-ups and kids, and serves popcorn and drinks. "By the end of August, we're all a bit weary of barbecues, anyway," she notes.

Keep dinner parties under control
30. You don't have to be a four-star chef to serve a spectacular meal, finds a working woman who loves to entertain. She turns to a reliable take-out place. "I'll buy something special—for instance, stuffed cannelloni with a great sauce. All I have to prepare is salad and dessert."
31. When she gives a dinner party, freelance draftsperson Dorothy Brosterman says her most important tools in the kitchen are a pencil and paper. "When I'm cooking several dishes at once, I log in when each starts and when it should come out. I list the menu in its serving order so I don't forget the salad in the refrigerator or the hollandaise on the stove."

Making time for friends who count
32. As a career woman, Jane Cuozzo knows the value of advance scheduling. She uses this tactic in her personal life too. Because she and her best friend have such hectic schedules, they regularly plan a dinner date once a month. "Since we've made the commitment in advance, and it's important to us, we do manage to connect," Jane says.
33. One reliable friend of ours keeps stamped postcards handy. When she's too busy to call or visit, she drops two-line notes that let friends know what she's up to—and keeps the phone bill down.
34. To avoid last-minute shopping, television executive Julie Osler keeps presents on hand. Her speciality is attractive containers—glass bowls, tin boxes, ceramic pots. "When I need a gift in a hurry, I just choose one, fill it with something delicious—candies or cheese or peanuts—and wrap it up," she explains. She also keeps cards, ribbons and tape handy in a "Friendship Box."
35. "I buy holiday gifts year round," says a savvy college student. "Not only do I avoid the last-minute Christmas rush but I often find gifts on sale."

WAYS TO EASE YOUR WORKDAY

Working women simply can't afford to waste time—their day is too short. Here are some favorite efficiency strategies.

Making use of your commuting time
36. The time you spend riding in a carpool can be productive, says Marcy Dwight, a public relations specialist. "When we formed our carpool I announced to everyone that I wanted to use that time for work and hoped they would understand that I wasn't being unsociable. It worked out well." On the way to work, Marcy reads the paper, prepares her list of things to do and may review notes for a meeting or draft a memo.
37. If you're lucky enough to live near your job, Sue Huffman, our Food Editor, recommends walking to work. "Not only is it terrific exercise for your body, it also provides tranquility for your mind. I can plan my day as I walk and don't feel exhausted from fighting the crowds on the bus."

Maximize your office time
38. Lorraine Longhurst, who works at home part-time as a freelance business manager and accountant for several small companies, found a telephone-answering machine a good investment. "If I simply took the phone off the hook to avoid distractions, potential clients would get a busy signal," she explains.
39. Getting to the office a half hour early wards off one editor's organizational woes. "It's quiet, no phones ring, nobody interrupts me," she points out. "I can catch up, read the paper and ease into the day."
40. Marge Willis, an office manager, keeps a book with a page for each person with whom she regularly does business. "As I think of what I want to discuss with them, I jot it down on their page. Then, if they walk by my office or call me, I can flip to their page and take care of several issues at once," she explains.
41. Avoid drowning in a sea of paper, warns Joan Tully. "I try to handle each piece of paper only once."
42. Staying home from work to wait for the repairman wastes valuable time, government employee Ann Gregorio found. She shopped around for repair people willing to telephone her at the office just before they set out for her house. She goes home only after they call.

GIVING YOUR KIDS THE TIME THEY DESERVE

While we make fixed dates to see friends, time with family members often gets left to chance. We assume that we'll bump into each other at home. The mothers we talked with have worked out simple ways of making certain that children and parents bump into each other regularly.

Planning togetherness
43. "Since the phone always seems to ring when I'm putting the kids to bed," says one teacher and mother of two youngsters, "I make a rule not to accept phone calls between dinner and eight P.M."
44. One working mother we know breaks into her work routine once a week and leaves her job early to meet her daughter at school. They always plan a special project for those days. Currently the two are sewing a velvet dress for birthday parties.
45. Debby Armstrong, a mother of active twin toddlers, makes sure that their demands don't overshadow her ten year old's need for special attention. "The both of us recently bought roller skates. We have spent several great afternoons, when the twins were napping, learning how to maneuver on our skates."
46. Divorced mother Vicki Passen has to juggle her irregular hours as a California real estate agent, the hectic schedules of two teen-age sons and still find time for a social life of her own. There's not always time for family dinners. Her solution: dinner out at a simple restaurant. "Even though it costs more than spaghetti at home, it's a worthwhile investment in staying close," she says.
47. Lorraine Longhurst takes her two-and-a-half-year-old daughter along on errands. "She loves to go food shopping and ride in the cart," Lorraine says. "It's a way to talk with her *and* get work done."
48. If you can't participate in parents' activities and class recitals at your child's school because they occur during work hours, talk to the principal and with other working parents. Pressure from parents may convince him or her to reschedule some events during the evening.

ENJOY THE MAN IN YOUR LIFE

Sometimes it seems as though the two of you hardly spend time together any more. You can't afford to take intimacy for granted, say the women we interviewed. A good relationship needs nurturing. That means not leaving things (specifically sex, conversation, time for just you two) to chance. *(continued)*

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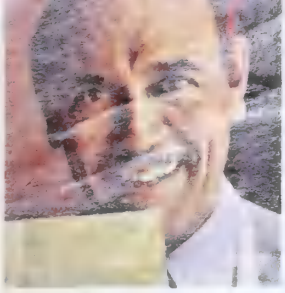


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GENERAL FOODS

68 Ways

continued

Make dates with each other

49. "My husband and I try to meet dur ing the week for lunch," says a mother i a small midwestern town. "At least once week we take the baby to my mother-in law's and we go shopping, out for a drin or a quick pizza—just so we can fee alone together, even if briefly."

50. An inviolable rule in one mother' house: "Sunday mornings, my husban and I lock the door, take the phone of the hook and stay in bed late. The kid know they mustn't disturb us."

51. One couple agreed to schedule thei independent activities—night classes hobby time—in the early evenings so they would have time to relax togethe later before going to bed.

Share time away from home

52. A week away—even a long week end—provides a wonderful way to catch up with each other. And what's the rush? A slow boat to China can be much more romantic than a quick plane ride. Translation: A leisurely car or train trip will give you more time for talking and relaxing.

53. Commuting to work together is one way that couples can spend extra time together. Even if you both read the paper, you're in good company.

54. One couple we know, both teachers, takes on community projects they can enjoy together. "We get to spend time with each other while we work for worthwhile causes," she explains.

55. Cultivate a common passion, whether it's gardening, golf, antiques. (In fact, it was on a tennis court that Vicki Passen met the man she's been dating for the past six months and, of course, they play a lot of tennis.)

MAKE TIME FOR YOURSELF: PAMPER YOUR BODY AND MIND

Busy meeting everyone else's needs? The women we talked to say they're learning how to allow themselves private time—without guilt. Because looking well makes them feel well, they make a point of setting aside regular times for exercise and grooming.

Working out the physical and mental kinks

56. An aerobic dancing class at the local YWCA serves several purposes for one mother of three children. Since it's scheduled she feels compelled to go and she gets to meet other young mothers. She relaxes body and mind while the Y's baby-sitting nursery attends to her children.

57. "Although I'm a terrible golfer, I love the game because it's enforced relaxation," says a mother of school-age children. "When I concentrate on how to improve my swing, I'm in my own world *and* all my other worries disappear."

Making the most of your free time

64. On her days off from work, Lorraine Longhurst doesn't accomplish much that's tangible, which is just how she likes it. She reads, watches soap operas or simply does nothing. What she gains, she says, is peace of mind. On the other hand, she makes a point of not letting others waste time for her. When she has to wait at the doctor's office or stand in a bank line, Lorraine pulls out a book or needlepoint from her tote bag.

65. To keep up on her reading, Ann Giorgio hits the library like clockwork every Saturday morning. Her preferences run to books with a one-week deadline. "The regular routine and the time-limit reinforces my commitment to reading, even when times are hectic."

66. A regular night off from the kitchen can be a real boost, says one young mother. "The night my husband has his union meeting, the kids and I always eat out or bring home something from a takeout place. We all just relax together."

67. One busy mother of two takes time off from her family to do volunteer work. The hours she spends at meetings or writing speeches is special time just for her alone.

68. One mother and dental technician finds that creative projects are her salvation. "I love handiwork. Knitting's my favorite because it's portable and I can pick it up and work even if I've only got a few free minutes."

The consensus among the women we talked to: Avoid the trap of thinking you have to live up to some unwritten set of standards. Who says you have to run three miles a day, grow your own vegetables and also give the most dinner parties in town? Set your own standards and then build in flexibility. You can't always accomplish as much as you'd like. But with planning you *can* find time for the people and jobs that count the most—and even time for those small but important pleasures that make life fun. **End**

RICH,

This stack of pancakes is topped with the leading brand of syrup.



3. No matter what exercise route you choose, keep your quipment packed to go at a moment's notice. When things get ectic you may be tempted to forgo your exercise class rather ıen spend time tracking down your leotard and ballet slip-ers. Journal Health and Beauty Editor Maureen Lynch keeps small bottle of detergent in the office, rinses out her leotard ter her lunchtime exercise class and hangs it in the office oset to dry.

wardrobe that works for busy women

9. Stick to two or three colors that go well together. This akes mixing, matching—and accessorizing—simple. "Bur-ındy is the best color ever invented," says Joan Tully. "I can se my burgundy bag and shoes with all my basic wardrobe olors—navy, brown, black."

0. Simplify the decision-making while you get dressed in the ıorning. "Most of my clothes are separates," says Linda reen. "I arrange all my skirts on a rack, alternating styles and olors. In the morning, I just reach for the first one. At night, I ang it at the end of the rack and it gets recycled. I don't have o think about what I've already worn that week."

1. Consolidate your clothes-shopping trips, says a friend in ducation. "Once I faced up to the fact that I was going to pend a certain amount of money each season for clothes, I ealized that it was easier to do it all at once. Not only do I get ıore mileage out of my new clothes, but I don't waste time lways looking for nonexistent bargains," she says.

eauty is not just a state of mind

2. A good haircut is one teacher's most important beauty ıvestment. "No matter what I wear, or how long I take with ıy makeup, if my hair has no shape I can't look my best," she ays.

3. Every Saturday, Vicki Passen has a standing appointment or a manicure. It's one indulgence she allows herself because it elps polish the professional image that's important in her job.

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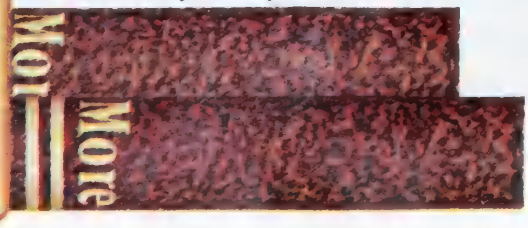
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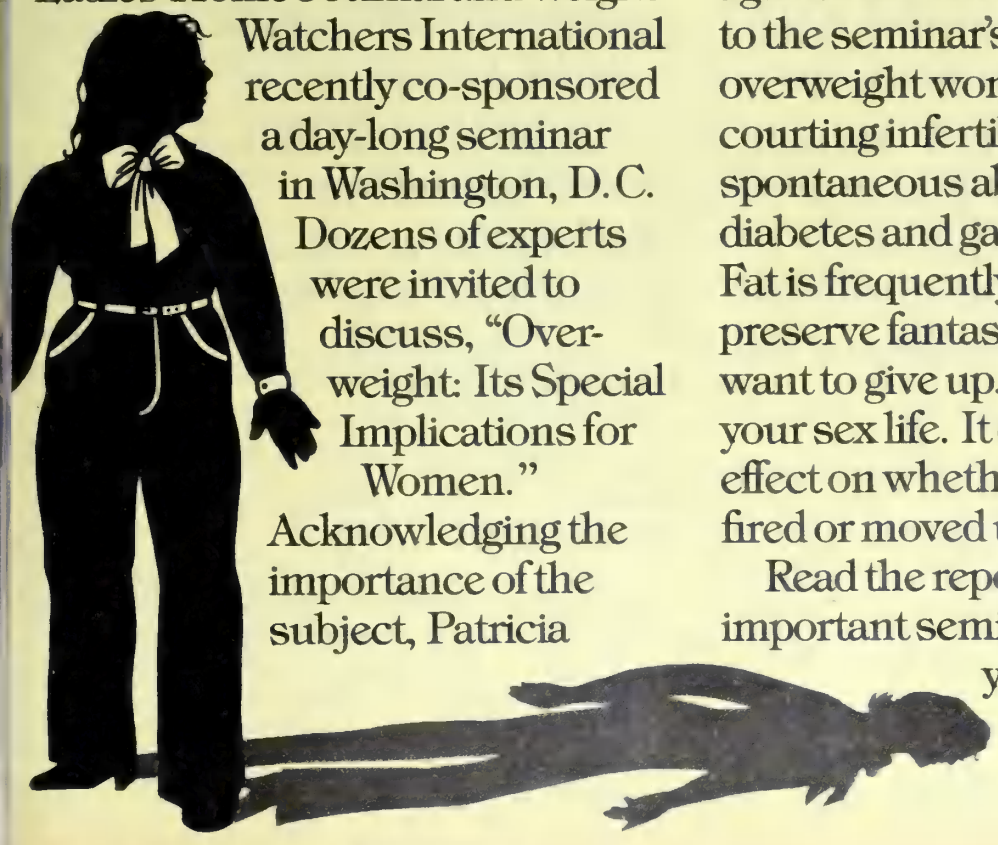
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Overweight and You

There's more to weight loss than eating less. Understanding the cause of overweight—and its effects—is the important thing. Read this report of an important conference on the subject—co-sponsored by the Journal and Weight Watchers International—to improve your chances of losing weight the next time you go on a diet. By Joan R. Heilman

How important is it to be thin? Why can't we lose weight and keep it off? Who decided that skinny is "in" and plump is "out"? How do society's prejudices against fat affect us? Why is overweight overwhelmingly a woman's problem? How do excess pounds affect us physically, emotionally, sociologically and economically?

To answer these questions, *Ladies' Home Journal* and Weight Watchers International recently co-sponsored a day-long seminar in Washington, D.C. Dozens of experts were invited to discuss, "Overweight: Its Special Implications for Women." Acknowledging the importance of the subject, Patricia Roberts Harris, U.S. Secretary of Health and Human Services, was the keynote speaker.



Here is a special report on this conference, the first of its kind, and part of the *Journal's* "Women in the '80s" series. What the experts have to say may change your thinking, and by providing new insights and understanding, give you new weapons in your fight against fat. For example, according to the seminar's panelists, overweight women may be courting infertility and spontaneous abortion as well as diabetes and gallbladder disease. Fat is frequently used by women to preserve fantasies they don't want to give up. It may influence your sex life. It certainly has an effect on whether you are hired or fired or moved up the ladder.

Read the report of this important seminar, and ask yourself if it applies to your own life.

Illustrations by Heather Taylor

The Experts Talk About Overweight

Are women more likely to be overweight than men?

Women are *much more* likely than men to be fat. Two-thirds of the cases of severe overweight in this country are women, said Dr. Theodore Van Itallie. One American in five weighs too much, according to Secretary Harris and, on average, we are heavier today than we were two decades ago.

What is overweight?

From a medical point of view, overweight is generally agreed to start at about 20 percent above your ideal weight, according to Dr. Sidney Abraham of the National Center for Health Statistics. Though women are often concerned about weight gains of five or ten pounds, these small amounts are not medically important, said Dr. Van Itallie. They may, however, lead to greater gains, which could have real significance. The line between "medically significant" and "medically benign" overweight is not clear-cut, "but it seems clear that the statistical risk of developing undesirable complications and shortening our life-span increases quickly as body weight exceeds the average level by twenty-five percent."

Can overweight cause special health problems for women?

- Women who are considerably overweight tend to have menstrual problems, according to Dr. Van Itallie. They are less fertile, and are more likely to have spontaneous abortions once they do become pregnant. Childbirth may be more difficult and more prolonged for them, and post-operative and anesthetic complications are much more common.
- Heavy women have a higher risk than others of developing uterine cancer. There is some preliminary evidence that breast cancer, too, may be more common among them, and certainly the cases that do exist are harder to diagnose.
- The risk of diabetes is increased about ten times if you remain "moderately" overweight, and as much as 30 times if your weight stays over 45 percent above the standard. Most adult diabetics are overweight and female. Almost all of them would lose their diabetes if they lost weight.
- There is a definite correlation between weight and gallstones, and gallbladder disease is much more common among overweight women, three times more common for truly obese women.
- Overweight aggravates osteoarthritis of weight-bearing joints, especially the knees and, among women, the spine.
- And, adds Van Itallie, if you are heavy you are more prone to accidents. You fall more easily and, if you fall, you are more likely to hurt yourself.

"In terms of health problems," he concluded, "the closer you are to twenty-five or thirty percent over your ideal weight and the longer you remain overweight, the closer you come to serious trouble."

How do overweight women feel about themselves?

Many feel out of control of their lives—helpless, frustrated and isolated in a hostile and rejecting world. This view came from Dr. Helen De Rosis. "They become prejudiced against themselves, feel they are totally unacceptable, weak, unlovable. I am talking, of course, about women who are very much too heavy (and happily many of them are now learning to accept themselves), though it is true that some women only five or ten pounds overweight suffer just as much. Strangely, a woman who feels she must be one hundred twenty pounds, when she weighs one hundred thirty, can feel as much anguish as the woman who is two hundred and wants to be one hundred and thirty."

According to Dr. Marcia Millman, many overweight women develop a double identity—the present fat self who doesn't really count and is only temporary, and the potentially beautiful thin self who will be unveiled when the weight is lost. Many fat women, she said, postpone living until the day they will be thin; they delay buying clothes, getting an education, making relationships, looking

"Overweight is to a large extent a symptom of our culture and it will not go away until a great many changes can be made in the way we live."
Dr. Theodore Van Itallie

"Many fat women postpone living until the day they will be thin. They delay buying clothes, making relationships, looking for jobs. All of *that* will be when life begins. Unfortunately, the day sometimes never comes."
Dr. Marcia Millman

for the jobs they want. *That* will be when life begins. Unfortunately, the day sometimes never comes or, if it does, it isn't as exciting as they had hoped it would be. Adds Dr. Millman, "Many women say they don't even consider their bodies part of themselves. They don't look in the mirror below the neck. They think of the body as some foreign territory and the head becomes the focus of self."

> **"Our social climate has changed since the 1950s. Our current values influence the way women want to see themselves today—vibrant, vigorous, fulfilled. There is a new romance with the body, and being thin is part of it."** Florence Skelly

Does overweight ever serve an emotional purpose?

"In some cases, I think women are fat as a way of preserving fantasies they don't want to relinquish, fantasies they'd have to give up if they lost weight. And this can be true if they are five pounds or one hundred pounds overweight," Dr. Millman said. "They blame their bodies, for example, for their husbands' disinterest, their mothers' lack of love, their unchallenging jobs, their uninspired lives. They believe that a wonderful future is only a diet away. In the meantime, they have a false sense of self-control because, they think, they can always do something about their weight if they really want to."

Dr. Millman felt, too, that women can use weight in other ways: to make themselves feel emotionally nourished and more substantial in a world where the female role is to give to others; to prevent being perceived as a sex object; or perhaps to be taken seriously as professionals, using their weight as the price they pay for success.

On the other hand, Dr. De Rosis mentioned that weight is often used as a way *not* to compete—for jobs, men, acceptance. Besides, though it may be self-destructive, overeating gives some women comfort, a sense of control over what they perceive as an unfriendly world.

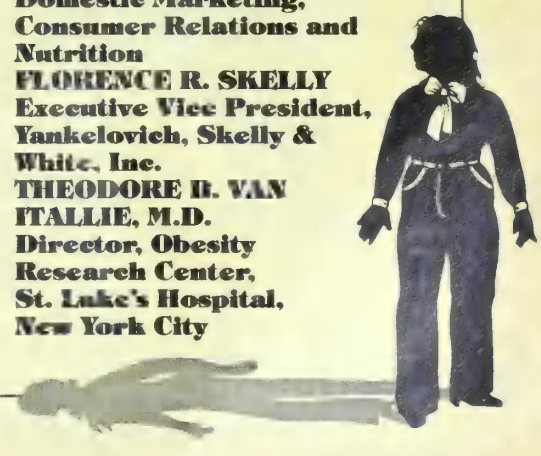
"We must reject the simplistic notion that fat people should simply eat less," Secretary Patricia Roberts Harris stated emphatically. "As Dr. Jean Mayer has said, 'Attributing overweight to overeating is hardly more illuminating that ascribing alcoholism to alcohol.'" The problem is much more than eating less. What is needed is motivation and insight into what is behind it. "The goal, therefore, is to isolate the problems that contribute to the compulsion to overeat—and they vary widely—and to help people come to grips with them to regain control over their eating habits.

> **"Weight is often used as a way *not* to compete—for jobs, men, acceptance. It gives some women comfort, a sense of control over what they perceive as an unfriendly world."** Dr. Helen De Rosis

"Self-help groups," *(continued on page 107)*

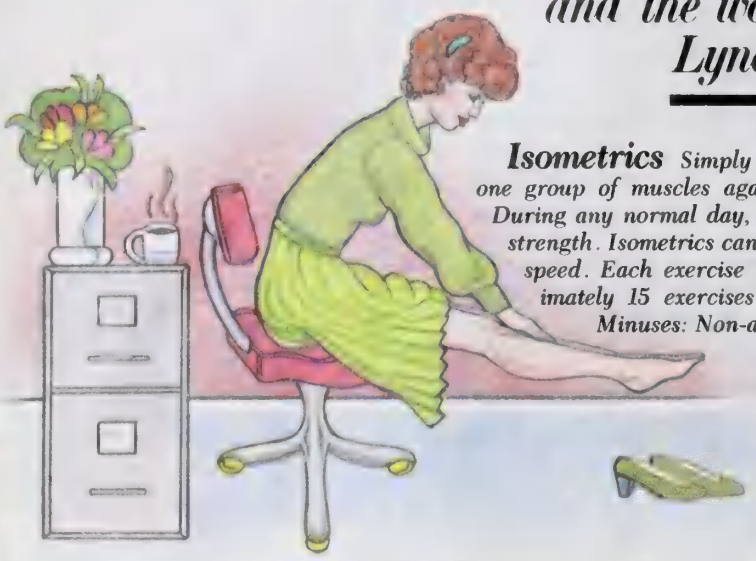
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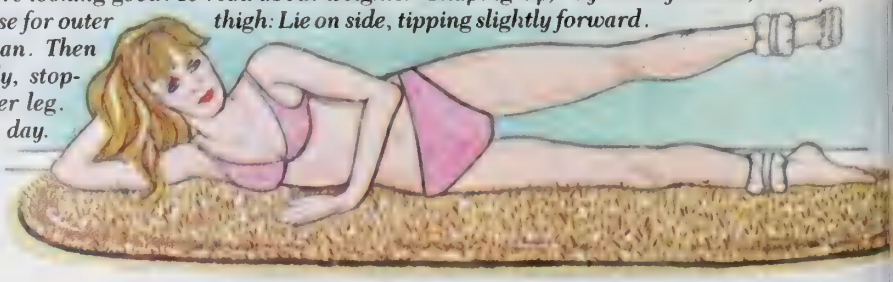
7 Ways to Trim Your Thighs

If, like most women, your thighs need extra help, pick a plan. Link a sound diet with exercise (aerobic plus limbering) and you can shape up once flabby muscles. Whether active-sport bicycling or quiet isometrics–get hooked on a way and the work becomes play. By Maureen Lynch, Health and Beauty Editor.



Isometrics *Simply stated, it's resistance without extensive movement—one group of muscles against other muscles—or an immovable object. Pluses: During any normal day, you only tap about 20-30% of your potential muscle strength. Isometrics can increase to 100%, toning and shaping with efficient speed. Each exercise takes about 6 seconds; the average program, approximately 15 exercises. No equipment is needed; can be done anywhere. Minuses: Non-aerobic. Can shorten muscle length over extended time. For more information, there's a booklet called "Isometric Exercises" by Earl L. Wallis and Gene A. Logan; $1.50 at B. Dalton Bookseller. Shown: Sit back in chair with legs raised, hands resting on top of shins. Push up with legs, down with hands. Count of 6; start with once a day.*

Weights *Strapping on three pounds of extra weight makes your muscles work harder. All parts of the thigh can be toned and shaped up by a small pair wrapped around your ankles. Always start off by warming up your body—by jumping rope or stretching exercises. Signs of improvement show in a mere 2 weeks; by one month you're looking good. To read about weights: "Shaping Up," by Sidney Filson, Little, Brown & Co., $10.95. Terrific exercise for outer thigh: Lie on side, tipping slightly forward. Slowly lift top leg as high as you can. Then slowly lower the leg behind your body, stopping 1 inch off floor. Repeat with other leg. Start slowly, 10 times. Goal: 100 per day. Extra bonus for waist, buttocks and the back of thighs*





Cellulite Therapy *Those stubborn bulges on your thighs that need special exercise treatment, cellulite is a grouping of cells that has absorbed excess fluids and toxic wastes. Hormones and heredity play a major part. Getting rid of this condition is difficult—but can be done with diet, massage, exercise and determination. Some guidelines can be found in Nicole Ronsard's paperback book, "Cellulite: those lumps, bumps and bulges you couldn't lose before," Bantam, $2.50, or at her New York salon. For an exercise that's effective at helping break down the bumps: Try sitting on the floor with knees bent. Roll over without knees touching floor (illustrated here). Extend legs out in front of you; bend knees again. Roll to other side, extend legs again. Do 10-15 times, reversing sides. Results will begin to show in 3-4 weeks following an entire program.*

Illustrations by Donna Corvi

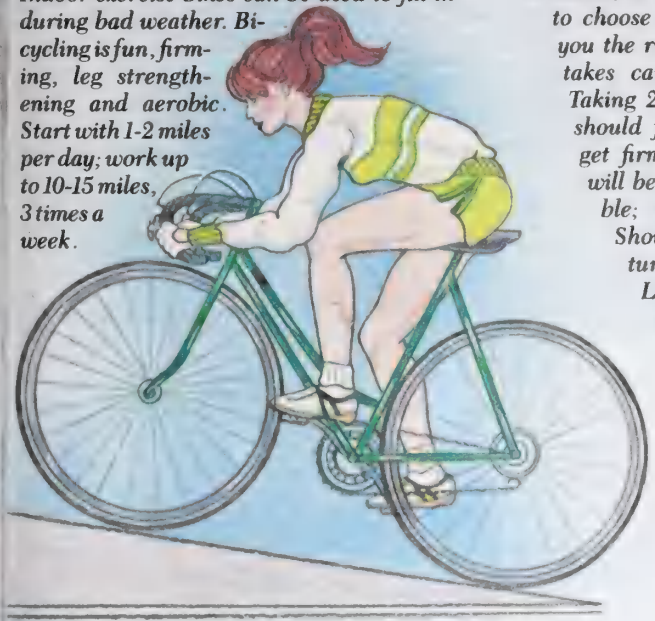
Swimming *Exercising in a pool is twice as good as out. Water resistance doubles the results of every movement—without a feeling of strain. And you don't even need to be an Olympic swimmer. Just hold onto poolside and flutter kick (quickly) 25 times. Turn on your back and repeat. For inner thigh, stand up, hold onto edge. Raise right leg to one side, 10 times, switch to left leg, 10 times. Feel the pressure on muscles.*



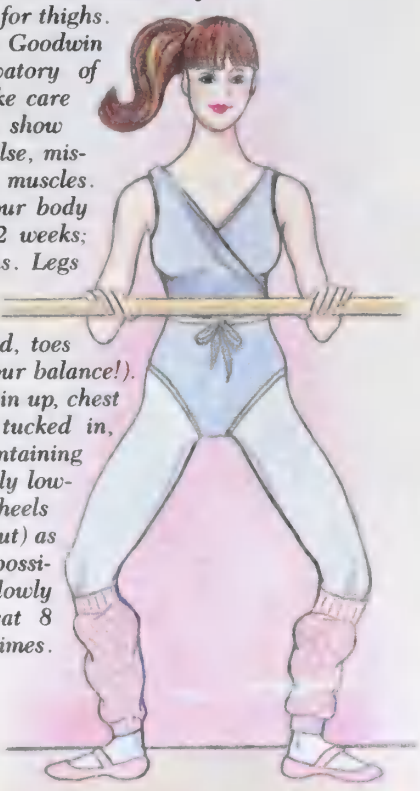
Exercise Class *Joining a class can be more advantageous than going it alone. You've got company (which means a little competition). And often, a friendly but firm instructor and zippy music to keep you to the beat. According to Gilda Marx, of Body Design by Gilda, specific exercises tone the muscle group involved; diet and plenty of drinking water speed up the process. From Gilda's class: Lie on back with arms relaxed, knees bent, feet on floor. Tuck buttocks under, squeezing abdominal muscles and tilt upwards (as shown). Staying up, keep inner thighs, knees, calves and feet "glued" together; contract, release (8 times), in small movements. Relax down. Goal: 4 sets.*



Bicycling *By biking, we're not talking about a meander around the block. We mean a real 60-minute workout (at about 10-13 miles an hour). Go for speed and build up a sweat. Wear loose, comfortable clothing. With a variable-speed bike, learn to switch gears for steep hills, to race on flats. Indoor exercise bikes can be used to fill in during bad weather. Bicycling is fun, firming, leg strengthening and aerobic. Start with 1-2 miles per day; work up to 10-15 miles, 3 times a week.*



Dance *The sheer exhilaration, the strong control of dance. All forms—from classic ballet to jazz—are great toners and trimmers for thighs. The key, according to Carol Goodwin from the New York Conservatory of Dance, is proper technique. Take care to choose a good instructor to show you the right movements. Or else, mistakes can result in bulging muscles. Taking 2-3 classes a week, your body should feel better in about 2 weeks; get firmed up in 3-6 months. Legs will be stronger, more flexible; posture improves. Shown: ballet's plié. Stand, toes turned out (don't lose your balance!). Line up your body—chin up, chest up and out, pelvis tucked in, back straight. Maintaining this position, slowly lower body (keeping heels on floor, knees out) as far down as possible. Then, slowly rise. Repeat 8 times.*







The Music Changes

Can we live by past rules . . . or should we invent as life challenges us? How one woman found the answers.

By Morton Fineman

Make a list.

Maybe she'd said it in the dream too.

Sally awoke in that half-light moment, the cusp of dawn, her first New Year's Day as a married woman.

"Make a list." It was a mumbling, a falling away exhortation to herself. Nobody was expected to project pear-shaped tones to the farthest corner at this hour.

You can't make a list without brushed teeth, a cup of coffee, unstuck eyes. They were the minimum aids to thought, clarity. She leaned against the wall, near the bed, and looked down at Robert, her very first husband on their very first New Year's Day.

He was still bunched in sleep, like a double armful of clothes just removed from the dryer and flung haphazardly on the bed. At least she'd got him to come home early from last night's party. A little fever wasn't going to stop Robert, the headstrong party lover. He'd kept reminding Sally that this was their first New Year's Eve party. They hadn't been married an entire year yet and their lives were full of *firsts*, and he wasn't about to have any of them tampered with by any quirky virus. She'd kissed him on the immemorial stroke of 12, that single resounding heartbeat of time that you could adorn with any symbolism from your private kit. His face was paler and hotter than she'd thought right and she said with resolve,

"You are going home, right now!"

(continued on page 109)

Illustration by Bob Dacey





White season

In season now and breezing on through spring—soft and wonderfully flattering whites. These workable basics (very practical!) come in interesting variations (very pretty!). Look for . . . charming new sweaters that go from little camisole to tunic long . . . a crisp wear-everywhere blazer . . . and classic white flannel pants. Start off your new year right—try wearing white-on-white. It's like a breath of fresh air.

Far left: Just the lift you need in January—pulled-together white. Nonchalant 3-button blazer ($170); box-pleat skirt ($79). Both, J.G. Hook, in wool flannel. Fenn Wright Manson sweater; Commodore hat.

Center: Out-and-out prettiness—snow-white for day or evening. Softest sweater with baby smocking, delicate irridescent sewn-on flowers. Overture by Vesna Bricelj, $88; of lambswool/angora/nylon.

Near left: Sweatering—simple but sophisticated American dressing. Ruffled cardigan ($70), camisole ($28), skirt ($44). All, Outlander; lambswool/angora/nylon. Pearls by Napier.

Photographs by Gerard Gentil. Hair by Mark Kane of La Coupe Salon. Makeup by Emily Pattner.

White season

How fresh all white looks, feels ... *Below:* Bright white crewneck sweater goes to a new tunic length. Easy and casual, a great country look—especially over skinny jeans. By DDDominick, $52; silk/cotton. Aris headscarf; Jordache corduroy jeans.



More style, more delight... the dash of whites, opposite. *Near right:* Perfect strolling coat—¾ length in wool bouclé. By Braefair, $140. Cable sweater by SW1; Calderon belt; J.G. Hook pants. *Far right:* Freewheeling "bomber" jacket in wool melton ($90) over wool flannel pleated pants ($56). Both, Prologue. Echo wool scarf.



Work Wonders with Paint

As a decorating tool, paint is powerful. With color, you can instantly change the size, light and feeling of a room. And you don't have to spend a bundle of money. If you choose the right technique, results can be fabulous. It's possible to create a real custom look (normally done by professionals) all by yourself. Shown are five terrific wall treatments, briefly explained here, detailed on page 95.

From left: **• Burled Wood effect. Handsome in two colors, gnarled with crumbled newspaper. • Feather Finish. Three shades of green; lighter and darker dabbled on with an almost-dry sponge. • Silken Sheen. Yellow base; red rolled on, striped with stiff scrub brush. • Splatter Dots. A roller with a dot design repeated in 3 different colors. • Rough Texture. Ready-textured paint, tinted and applied with a trowel. By Joan Tully, Home Editor.**

Photographs by George Cochran. Painting techniques developed by Jim Bolleach. Paint by Fuller-O'Brien.





LHJ Heritage Recipe Contest

FAMILY FAVORITES

Here are some of the Journal's staff's "hand-me-down" recipes. Send us your family specialties–and you may win the top prize of $300!



One of the strongest ties that bind families together is the sharing of food . . . breaking bread . . . passing down treasured recipes. To get to the "roots" of America's rich food heritage, we're asking our readers to recall a cherished dish—any favorite kept in the family for generation-after-generation (see contest details, page 86). As a starter, we gleaned "melting pot" recipes (all terrific!) from our own staff, from Polish *pierogi* to Yankee caramel pudding. Come—enter our exciting contest and be one of the prizewinners.

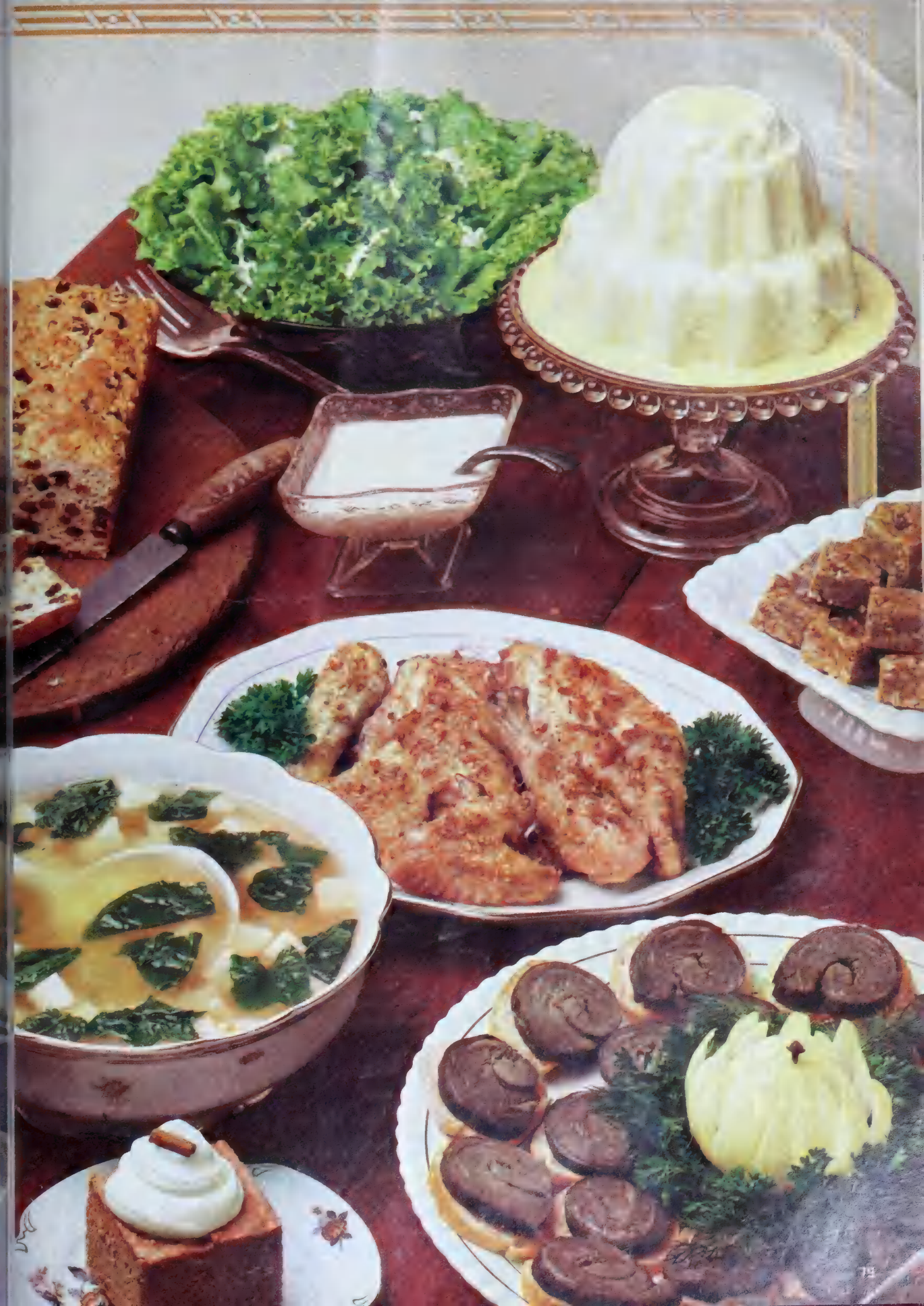
By Sue B. Huffman, Food and Equipment Editor.

Left to right, back row: *Irish Soda Bread*, raisin-studded; *Garden Salad with Creamy Dressing*, a downhome treat; *Caramel Pudding with Custard Sauce*, a Yankee dandy. Center: *Spinach-Potato Soup*, an Italian warmer-upper; *Chicken Devilena*, mustard-y, once Danish; *Aunt Bill's Candy*, rich caramel-pecan square. Front: *Pierogi*, fried Polish turnover with bacon, green onion tops; *Hot Cinnamon Cake*, spicy Dutch, served warm; *Ruelle Polse*, unusual Scandinavian savory; flank steak, rolled, salted, simmered. These recipes and many m

page



Photograph by André



Luscious Lemons

Looking for a fancy new treat? Think lemons. Tingly tart and refreshing, they make a bright yet light finale to any company meal. Here are seven sweet ideas your family will love, too. • Lemon Parfait Pie. If you like both lemon meringue and lemon chiffon, try this. It's the best: biting and airy, cascading with zesty lemon glaze. • Frozen Citrus Cream in Lemon Cups. Meltingly rich scoops, cupped in scooped-out shells; candied violets. • Other mellow-yellows, from nutty Lemon Tea Bread [great for brunch] to mystical Lemon Upside Down Cake, *page 82*. Photographs by Irwin Horowitz





Luscious Lemons

continued

LEMON PARFAIT PIE
pictured on page 80

A double treat—chiffony layer topped with tart lemon custard.

1⅓ cups sugar
⅓ cup cornstarch
½ teaspoon salt
1½ cups hot water
⅓ cup fresh lemon juice
2 eggs, separated
2 tablespoons butter or margarine
1 teaspoon grated lemon peel
1 teaspoon vanilla extract
1 envelope unflavored gelatin
¼ cup cold water
½ cup heavy cream, whipped
1 baked 9-inch pie shell
Sweetened whipped cream, for garnish
Grated lemon peel, for garnish

In 2-quart saucepan combine sugar, cornstarch and salt. Stir in hot water and lemon juice. Cook and stir over medium heat until mixture is thickened and mounds when dropped from a spoon. Remove from heat; stir small amount hot mixture into egg yolks, then stir yolks back into remaining hot mixture. Return to heat and cook 2 minutes, stirring constantly. Remove from heat. Stir in butter or margarine until melted, then stir in lemon peel and vanilla. Measure out 1 cup and set aside to cool.

Sprinkle gelatin over cold water; let stand 1 minute. Add to hot lemon mixture and stir until gelatin is completely dissolved. Refrigerate, stirring occasionally, until mixture is slightly thickened, about 30 minutes.

Meanwhile, beat egg whites until stiff. Fold whipped cream, then egg whites into cooled lemon mixture. Pour into pie shell. Refrigerate 15 minutes. Spoon on reserved lemon mixture to form glaze. Refrigerate until set, about 3 to 4 hours or overnight.

To serve, garnish with whipped cream and lemon peel. Makes 8 servings, about 420 calories each.

FROZEN CITRUS CREAM IN LEMON CUPS
pictured on page 80

The perfect answer to "What shall I serve for dessert?" when planning your next dinner party.

1 cup sugar
1 cup milk
1 cup heavy or whipping cream
¼ cup fresh lemon juice
1 teaspoon grated lemon peel
Lemon cups (see below)
Candied violets for garnish (optional)

Combine sugar, milk and cream; stir until sugar is dissolved. Pour into a 9-inch square metal pan; freeze until frozen around edges, about 45 minutes. Spoon into large mixer bowl. Add lemon juice and peel. Beat thoroughly; return to pan and freeze 2 hours. Beat again. Cover and freeze until firm. To serve, scoop into lemon cups or individual dessert dishes. Garnish with candied violets, if desired. Makes about 1 quart, about 220 calories per ½ cup.

Lemon Cups: For each cup, roll whole lemon between palms to loosen slightly the pulp from the skin. Cut off ¼ of the lemon from stem end. Using a spoon or grapefruit knife, scoop out pulp from shell. Cut just enough off bottom so that lemon will stand upright. *(Can be prepared in advance. Refrigerate in airtight container covered with damp paper towels up to 3 days.)*



Left to right: Lemon Upside Down Cake, Lemon Tea Bread.

LEMON UPSIDE DOWN CAKE
pictured on this page

Just goes to show that pineapple h cornered the market when it come upside down cakes.

7 very thin lemon slices
Glaze
1 cup sugar
2 tablespoons cornstarch
¼ teaspoon salt
¾ cup hot water
3 tablespoons fresh lemon juice
¼ cup butter or margarine
1 teaspoon grated lemon peel
Cake
¼ cup butter or margarine, softened
½ cup sugar
1 egg
1 teaspoon grated lemon peel
1 cup all-purpose flour
1½ teaspoons double-acting baking powder
¼ teaspoon salt
½ cup half and half cream or milk
Sweetened whipped cream

Grease 8x1½-inch round cake pan. range lemon slices on bottom of pan; aside.

To prepare glaze: In small saucepan c bine sugar, cornstarch and salt. Stir in water and lemon juice. Cook and stir c medium heat until mixture comes t boil; boil 1 minute. Remove from h stir in butter or margarine until melt then add peel. Spoon half the mixt over lemon slices. Reserve remaining.

To prepare cake: Preheat oven to 37 In large mixer bowl cream butter or n garine and sugar at medium speed u light and fluffy, scraping sides of b occasionally. Beat in egg and lemon pe Meanwhile, combine dry ingredie Reduce speed to low. Add dry ingredie alternately with cream or milk, beat after each addition just until dry ing dients are moistened. Drop batter by blespoonfuls into pan. Using spatu *carefully* spread batter over glaze a lemons. Bake 35 minutes or until too pick inserted in center comes out cle Cool 5 minutes on wire rack. Invert o serving plate. Serve warm topped w whipped cream and reserved gla Makes about 8 servings, about 390 ca ries each.

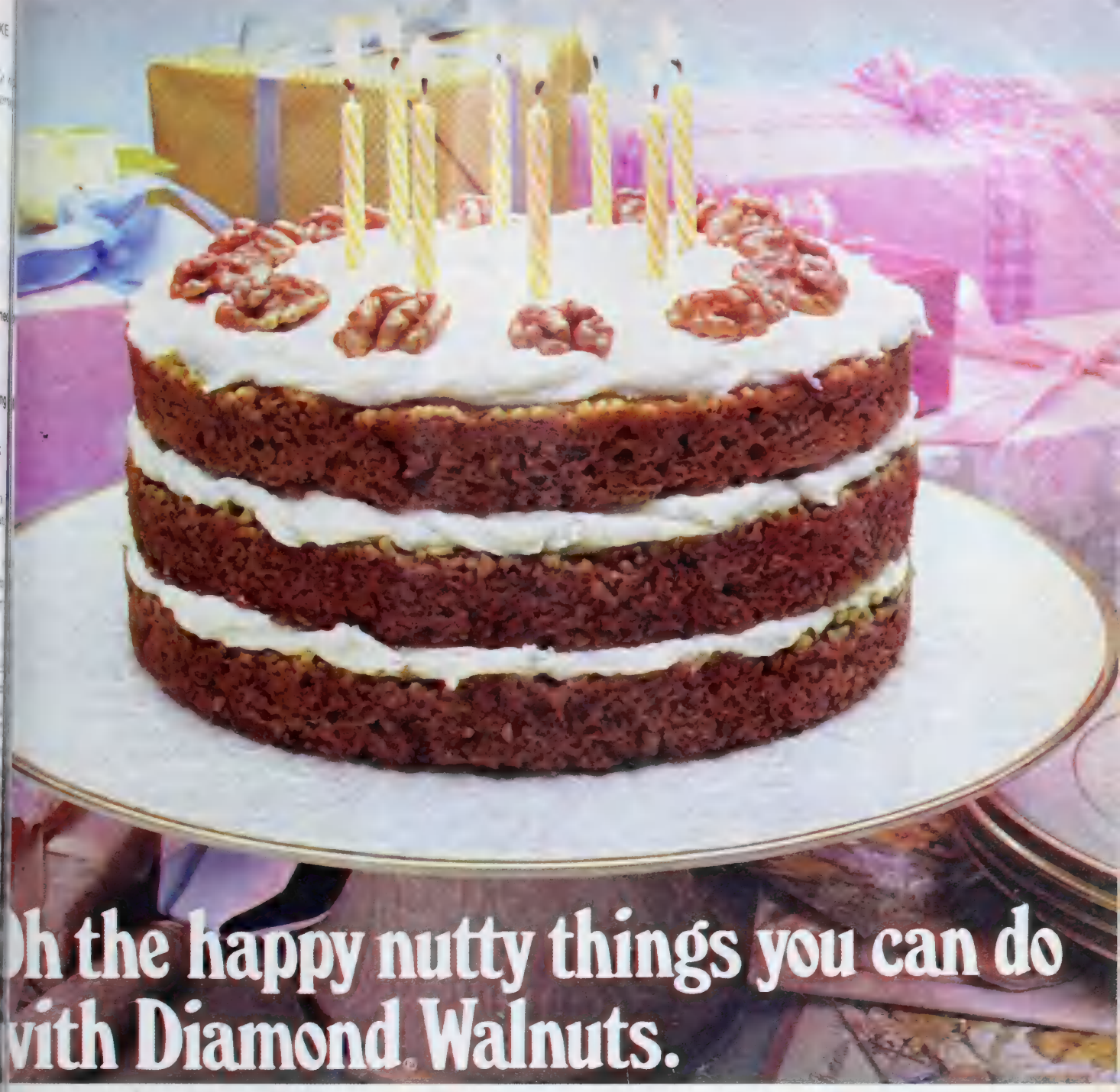
LEMON TEA BREAD
pictured on this page

Wrapped well, this bread keeps be tifully. Freezes well, too.

½ cup milk
2 eggs
1 cup sugar
⅓ cup butter or margarine, melted
1½ teaspoons grated lemon peel
1¼ cups all-purpose flour
1 teaspoon double-acting baking powde
1 teaspoon salt
½ cup chopped pecans
Glaze
¼ cup sugar
3 tablespoons fresh lemon juice

Preheat oven to 350°F. Grease 8½x4 inch loaf pan; set aside.

In large mixer bowl combine mi eggs, sugar, butter or *(continue*



h the happy nutty things you can do with Diamond Walnuts.

's a sweet way to say Happy Birthday.

nut Carrot Cake

cups Diamond Walnuts	1 cup oil
ıps sifted all-purpose flour	1½ tsp. cinnamon
p. baking powder	1 tsp. nutmeg
p. salt	¼ tsp. cloves
ıps brown sugar, packed	3 Tbsp. milk
rge eggs	3 cups grated carrots

p ½ cup walnuts fine. Grease 3 (9-in.) layer cake pans well. inkle each with about 2½ Tbsp. walnuts to coat. Chop remaining nuts a little more coarsely; set aside. Resift flour with baking der and salt. Combine sugar, eggs, oil and spices. Beat at high ed until light and well mixed. Add half of flour mixture; stir l well blended. Add milk, then remaining flour. Stir in carrots chopped walnuts. Divide batter evenly in pans. Bake at 350° F. nin. until cakes test done. Let stand in pans on wire racks nin. Turn cakes out onto racks to cool. When cold, frost with a er cream frosting. Decorate with walnut halves. Makes 1 large e, 12 servings.



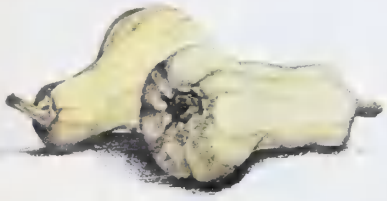
Oh the lovely nutty things you can do with Diamond Walnuts.

Luscious Lemons

continued

margarine and lemon peel. Beat at medium speed until well blended. Add dry ingredients; beat at low speed just until they are moistened and mixture is smooth. Fold in pecans. Pour into loaf pan. Bake 45 to 50 minutes or until toothpick inserted in center comes out clean.

Meanwhile, combine sugar and lemon juice for glaze. Place bread, still in pan, on wire rack to cool. Slowly pour on glaze while bread is still hot. Let stand 10 minutes in pan; remove bread and cool completely on wire rack. Makes about 16 ½-inch slices, about 165 calories per slice.



LEMON CRISP

Wheat germ and cereal add crunch and fiber; yogurt adds flavor and nutrition.

3 tablespoons butter or margarine, softened
⅓ cup firmly packed light brown sugar
⅓ cup all-purpose flour
¼ teaspoon baking soda
¼ teaspoon salt
½ cup flaked coconut
½ cup crunchy, nutlike cereal nuggets (such as Grape Nuts)
¼ cup wheat germ
Filling
¾ cup sugar
2 tablespoons cornstarch
¼ teaspoon salt
1 cup hot water
1 egg, beaten
1 teaspoon grated lemon peel
¼ cup fresh lemon juice
Plain or vanilla low-fat yogurt

Preheat oven to 350°F. In small mixer bowl cream butter or margarine and brown sugar at medium speed until light and fluffy, scraping sides of bowl occasionally. Combine flour, soda and salt; beat into creamed mixture at low speed. Stir in coconut, cereal and wheat germ. Press half the mixture into bottom of 8-inch square baking pan. Bake 10 minutes. *Filling:* Meanwhile, in small saucepan combine sugar, cornstarch and salt. Stir in hot water. Cook and stir over medium heat until mixture is clear and just starts to boil. Remove from heat. Stir a small amount into beaten egg, then stir back into remaining hot mixture. Return to heat. Cook, stirring constantly, until mixture comes to a boil again. Remove from heat; stir in lemon peel and juice. Pour over baked crust; sprinkle on remaining crumbs. Bake 30 minutes longer. Serve warm topped with plain or vanilla yogurt. Makes 6 to 8 servings, about 325 calories per 6, 245 calories per 8, without yogurt. Add 9 calories per tablespoon plain yogurt and 12 calories per tablespoon vanilla yogurt.

TWIST O'LEMON COFFEE CAKE

Makes two loaves, one for now, one for the freezer.

Dough
4½ to 5½ cups all-purpose flour
½ cup sugar
1½ teaspoons salt
2 packages active dry yeast
¾ cup milk
½ cup water
½ cup butter or margarine
1 egg, at room temperature
1 tablespoon grated lemon peel
Filling
1 can (14 oz.) sweetened condensed milk
⅓ cup fresh lemon juice
Icing
2 cups confectioners' sugar
¼ cup fresh lemon juice

In large mixer bowl combine 1½ cups flour, sugar, salt and yeast. In medium saucepan heat milk, water and butter or margarine until very warm (butter or margarine does not need to melt). Gradually add milk mixture to dry ingredients and beat at low speed until combined. Add egg, lemon peel and ½ cup flour and beat at medium speed, scraping sides of bowl occasionally. Stir in enough remaining flour to make a soft dough. Turn out onto lightly floured surface and knead 8



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m...so delicious!

On the left, a plain coconut cream pie. On the right, a luscious Coconut Dream Pie. It's made with Dream Whip® Whipped Topping Mix, Baker's® Angel Flake® Coconut, extra Jell-O® Brand Instant Pudding, and milk. Look at the creamy light difference! Dream Pie is easy to make because there's nothing to cook, and you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn all your plain cream pies into higher, lighter, creamy Dream Pies.

GF GENERAL FOODS

10 minutes or until smooth and elastic. ace dough smooth side down in greased wl; turn to grease all sides. Turn ooth side up. Cover with clean towel d let rise in warm place, free from aft, until doubled in bulk, about 1 hour. Meanwhile, combine filling ingredits; stir well and set aside. (Mixture ickens as it stands.) Grease 2 large okie sheets; set aside.

Punch dough down. Turn onto lightly ured surface and divide in half. Roll e half to a 14x8-inch rectangle. Place cookie sheet. Spread half the filling ngthwise down center of dough. Start- g at edge of filling, cut both sides of ough at 1-inch intervals out to edge. old strips at an angle over filling, alter- ting from side to side. Repeat with maining dough and filling. Cover; let se in warm place, free from draft, until oubled in bulk, about 1 hour.

Preheat oven to 350°F. Bake 35 min- es or until coffee cake sounds hollow hen tapped. Remove from cookie sheets d cool on wire racks.

or icing: Combine confectioners' sugar d lemon juice. Spoon over coffee cakes hen fully cooled. Makes 2 coffee cakes, out 210 calories per ½-inch slice.

freeze: Wrap tightly and freeze up to 2 onths. Thaw, wrapped, at room tem- erature about 2 hours.

d. Note: If you use dough hook for neading, use about 4½ cups flour. Add any additional flour, a tablespoon at a time, if needed.

LEMON FRIED CREAMS

A highly unusual dessert—thick lemon pudding cut into shapes, coated with almonds and deep-fried.

Pudding
- **2 cups milk**
- **Peel of 1 lemon**
- **1 cinnamon stick**
- **¼ cup sugar**
- **¼ cup cornstarch**
- **1 tablespoon flour**
- **¼ teaspoon salt**
- **3 egg yolks, beaten**

Coating
- **2 eggs, beaten**
- **2 teaspoons sugar**
- **¾ cup blanched almonds, ground**
- **¾ cup fine dry bread crumbs**

Lemon Sauce
- **½ cup sugar**
- **1½ tablespoons cornstarch**
- **1 cup hot water**
- **1 tablespoon butter or margarine**
- **½ teaspoon grated lemon peel**
- **1 tablespoon fresh lemon juice**

Salad oil for frying
Confectioners' sugar

Pudding: Grease 8-inch square baking pan; set aside. In medium saucepan combine 1½ cups milk, lemon peel and cinnamon stick. Bring to a boil over medium heat. Remove from heat; cool to lukewarm. Discard peel and cinnamon stick.

In small bowl combine sugar, cornstarch, flour and salt. Blend in remaining ½ cup milk. Stir into lukewarm milk in saucepan. Cook over medium heat, stirring constantly, until mixture just starts to boil. Remove from heat; stir small amount hot mixture into egg yolks, then stir egg yolks back into remaining hot mixture. Return to heat and cook 3 minutes, stirring constantly. Pour into prepared pan. Refrigerate until firm, at least 3 hours, or up to 24.

To coat: In small bowl beat eggs with sugar; set aside. Combine almonds and bread crumbs in shallow dish. Cut pudding into 16 diamonds or squares. Carefully remove from pan. Coat all sides with crumbs, dip in eggs, then back into crumbs. *(Can be prepared in advance to this point. Wrap tightly and refrigerate up to 3 days.)*

In deep-fat fryer or Dutch oven heat 2 inches salad oil to 375°F. on deep-fat thermometer. Fry creams a few at a time until golden brown, about 1 minute. Drain on paper towels. Sprinkle with confectioners' sugar and serve warm with Lemon Sauce. Makes 16, about 115 calories each.

Lemon Sauce: In small saucepan combine sugar and cornstarch. Stir in hot water. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil 1 minute longer. Remove from heat; stir in butter or margarine, lemon peel and juice. Makes 1⅓ cups, about 25 calories per tablespoon. **End**



Coconut Dream Pie...as simple as a, b, c.

envelopes DREAM WHIP® Whipped Topping Mix
¾ cups cold milk
teaspoon vanilla
packages (4-serving size) JELL-O® Brand Vanilla or Coconut Cream Flavor Instant Pudding
⅓ cups (about) BAKER'S® ANGEL FLAKE® Coconut
baked 9-inch pie shell, cooled

a. Prepare whipped topping mix with 1 cup of the milk and the vanilla as directed on package, using large mixing bowl. Add remaining 1¾ cups milk and the pudding mix.

b. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally. Stir in coconut.

c. Spoon into pie shell. Chill at least 4 hours. Garnish, if desired.



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FAMILY FAVORITES

continued from page 79

IRISH SODA BREAD
pictured on page 79

When Kitchen Assistant Kathleen Lee was growing up in Ireland, Sunday afternoons were always a time for relatives to drop in for a visit, a cup of tea and her mother's Irish Soda Bread.

1½ cups buttermilk
2 tablespoons butter, melted
1 egg, slightly beaten
1½ cups dark seedless raisins
3 cups all-purpose flour
⅔ cup sugar
1 tablespoon double-acting baking powder
1 teaspoon baking soda
1 teaspoon salt

Preheat oven to 350°F. Grease a 9x5-inch loaf pan; set aside. In medium bowl combine buttermilk, butter, egg and raisins; set aside. In large bowl combine dry ingredients; with two forks toss together for about 1 minute. Add buttermilk mixture and mix until combined. Spoon into prepared pan. Bake 50 to 55 minutes. Leave in pan 1 minute. Remove to wire rack to cool. Makes 1 loaf, about 18 ½-inch slices, about 170 calories per slice.

GARDEN SALAD WITH CREAMY DRESSING
pictured on page 79

For Food Editor Sue B. Huffman, childhood Sundays meant noon dinner at her grandparents' Oklahoma wheat farm: fried chicken, homemade rolls and, in season, this salad made with lettuce just plucked from the garden and cream from the hand-milked cows.

Dressing
⅓ cup heavy or whipping cream
2 tablespoons sugar
2 tablespoons cider vinegar
½ teaspoon salt
Dash nutmeg
1 head leaf lettuce, torn into bite-size pieces

In small bowl stir all dressing ingredients until well combined. Pour over lettuce and toss. Makes about ½ cup dressing, about 45 calories per tablespoon.

CARAMEL PUDDING WITH CUSTARD SAUCE
pictured on page 79

This delicious (and simple) custard comes to us from Executive Editor John Stevens' maternal grandmother, Janet Howell, who lived in upstate New York. One phrase of the original recipe has been updated by our kitchen; the original read, "Boil brown sugar in ⅓ cup water until it hairs." In today's language, "until it reaches thread stage (235°F. on candy thermometer)." More accurate perhaps, but also less quaint.

Pudding
1 package unflavored gelatin
Water
⅔ cup firmly packed dark brown sugar
2 teaspoons vanilla extract
4 egg whites
Dash salt
Custard Sauce
1½ cups milk
4 egg yolks
3 tablespoons sugar
1 teaspoon vanilla extract

Pudding: Sprinkle gelatin over ½ cup cold water; set aside. Boil brown sugar in ⅓ cup water until it reaches thread stage (235°F. on candy thermometer). Add gelatin mixture and return to boil, stirring to dissolve gelatin and scraping down sid of pan. Remove from heat, add vanilla.

In larger mixer bowl beat egg whit until stiff. Gradually pour brown sug mixture in a thin stream into white beating until mixture forms peaks. Po into a 6-cup mold; cover and chill at lea 3 hours or overnight. Makes 8 serving about 115 calories with sauce.

Custard Sauce: In small saucepan he milk until small bubbles form arour edge. In small bowl beat egg yolks wi sugar. Add ½ cup hot milk to yolk mi ture, a tablespoon at a time, beating co stantly. Add egg-milk mixture to milk saucepan and cook over low heat, stirrin constantly, until mixture coats spoon. R move from heat; add vanilla. Chill befo serving.

SPINACH-POTATO SOUP
pictured on page 79

This garlicky soup was created by Nin Food Department Assistant Susan Sarac amazing Italian grandmother, who cou make something delicious out of ju about anything. It was one of the fir things her grandmother taught Susan t cook and is still a favorite.

2 tablespoons olive oil
8 to 10 garlic cloves, peeled
4 cups chicken broth
2 cups water
¼ to ½ teaspoon salt
Dash black pepper
1½ lbs. all-purpose potatoes, peeled and cut into ¾-inch cubes (about 4 cups)
1 pound fresh spinach, rinsed and torn

Heat oil in 4-quart Dutch oven or sauce pot. Add garlic and cook, covered, ove low heat 5 minutes. Add broth, water, sa and pepper. Bring to boil and simmer minutes.

Remove garlic and mash with a fork return to broth. Add potatoes and cook covered, 20 minutes. Remove cover; ad spinach and cook 2 to 3 minutes more Serve immediately. Makes 6 to 8 serv ings, 165 calories per 6 servings, 125 calo ries per 8.

CHICKEN DEVILENA
pictured on page 79

Copy Chief Lys Margold offered thi hand-me-down recipe from her Danis grandmother. It's deliciously easy.

1 broiler-fryer (3 lbs.), cut up
3 tablespoons salad oil
Salt
Pepper
3 tablespoons Dijon mustard
2 tablespoons dry white wine
6 tablespoons dried bread crumbs

Preheat broiler. Brush chicken piece with oil and sprinkle with salt and pep per; place on rack of broiler pan. Broi chicken 5 inches from heat 5 minutes turn and broil 5 more minutes.

Meanwhile, in small bowl combine mustard and wine. Remove chicken from oven. Coat one side with half the mustard mixture and 3 tablespoons bread crumbs Broil 1 minute until browned (be careful

Enter Our Heritage Recipe Contest and Win Cash Prizes

Send us one or more favorite original recipes that have been created and/or passed along in your family—from your mother, grandmother, aunt, great-aunt, in-laws, etc. Old recipes are preferred, handed down as many generations as possible. Foreign, old-world or regional American favorites especially welcome. The recipe can be from any menu category—soup, appetizer, main course, salad, dessert, bread, whatever. Along with the recipe, please attach a brief history of how it came to you, anecdotes about the original cook and how the recipe may have been adapted. We will award first, second and third prizes—$300, $200, $100—and $25 for all other recipes used in our August 1981 Heritage Recipe feature. Deadline for entries is January 31, 1981.

Please type or print recipe legibly on one side of a sheet of paper. Be sure to include the number of servings and list ingredients in the order used. You may enter more than one recipe, but please no more than one recipe per sheet of paper. We reserve the right to edit and abridge recipes as necessary. Judging will be done by a panel of *Journal* editors and their decision will be final. Keep a copy of your entry, as we cannot acknowledge or return any entry. Employees or relatives of employees of Charter Publishing Company, its subsidiaries and affiliates, including *Ladies' Home Journal* and LHJ Publishing, Inc., are not eligible for the contest. All rights, including all rights of copyright, in and to prize-winning entries will belong to and may be exercised by the *Ladies' Home Journal*. Before receiving a prize, a winner will be asked to sign a statement confirming that she has granted all rights, including all rights of copyright, in and to her entry to *Ladies' Home Journal*.

ot to burn), turn and repeat on other side, using remaining ngredients. Remove from broiler. Set oven at 350°F. Bake hicken 15 minutes. Makes 4 servings, about 695 calories each.

AUNT BILL'S CANDY
pictured on page 79

his too comes from our Food Editor. An adaptation of penche, Aunt Bill's has been a favorite in Oklahoma for about 40 ears. You really need two to make it—one to pour, one to tir—and to take turns on the beating. It's worth it though—his candy is fabulous!

cups sugar
cups milk
teaspoon baking soda
cup butter
teaspoon vanilla extract
½ lbs. shelled pecans, chopped (about 6 cups or 3 lbs. unshelled)

Grease a 15½x10½-inch roasting pan; set aside.

o caramelize sugar: In large heavy skillet (we used cast iron) lace 2 cups sugar. Melt sugar over medium-low heat. Don't tir until sugar begins to form a syrup (at least 10 minutes). Reduce heat to low and stir frequently with wooden spoon until ll sugar is melted. Continue cooking, stirring constantly, until mooth and a light amber color (just a shade darker than oney). This takes about 20 minutes. *Important: Don't let the ugar get too dark!*

Meanwhile, place remaining 4 cups sugar and milk in Dutch ven or large, heavy saucepan. After sugar in skillet has been ooking about 15 minutes, heat milk mixture over low heat, tirring occasionally. Increase heat to medium and heat to oiling, stirring constantly.

Once sugar is caramelized, pour into hot milk mixture in a low, steady stream. (The stream should be no larger than a nitting needle.) It is better if two people do this—one to stir, ne to pour. Continue cooking, stirring frequently, to firm-ball tage or 244°F. to 248°F. on candy thermometer.

Turn off heat. Add baking soda and stir vigorously as mixture oams. Add butter and stir until melted. Cool 20 minutes. Add anilla; beat constantly until mixture stiffens and loses its glossy heen, at least 15 minutes. As the mixture is beaten it gets tiffer; therefore, the more "relief" hands the better. Add ecans and stir until well mixed. Spread into prepared pan. When cool, cut into squares. Makes 6 pounds or about 150 one-nch pieces, about 75 calories each.

PIEROGI (Polish Filled Dumplings)

A Christmas Eve tradition in the home of Joanne Borkoski, our Test Kitchen Coordinator. Can be filled with sauerkraut or mashed potatoes as well as cheese.

Filling
2 eggs
1 pound farmer or pot cheese
2 tablespoons chopped green onion tops or chives
½ teaspoon salt
Dough
2½ cups all-purpose flour
2 teaspoons double-acting baking powder
¾ teaspoon salt
2 eggs, beaten
About ¾ cup warm water

Filling: In medium bowl lightly beat eggs. Mix in remaining illing ingredients; set aside.

Dough: In large bowl combine flour, baking powder and salt. Mix in eggs and enough warm water to make a soft dough. Turn ut onto lightly floured surface. Knead 8 to 10 minutes, adding nore flour if necessary, until dough is smooth. Divide dough in alf. On lightly floured surface roll out half the dough ⅛ to 1/16 nch thick. Cut out 4-inch rounds, stretching back into shape if ecessary. Spoon a rounded tablespoonful filling onto each. Fold in half and seal (by rolling and twisting to form a rope-like dge). Reroll scraps and repeat with remaining dough and illing. Drop a few at a time into boiling salted *(continued)*



water and cook just until dumplings rise to the top. Remove with slotted spoon. *(Can be prepared in advance to this point. Wrap well and freeze up to 3 months. Thaw in refrigerator at least 8 hours or overnight.)* Makes about 20, about 105 calories each. Use to prepare one of the variations below.

FRIED PIEROGI
pictured on page 78

2 tablespoons butter or margarine
2 tablespoons salad oil
10 pierogi
½ pound sliced bacon, cooked and crumbled
Chopped green onion tops or chives, for garnish
Heavy or whipping cream (optional)

In large heavy skillet combine butter or margarine and salad oil. Heat over medium-low heat until butter or margarine is melted. Add enough dumplings for a single layer and cook until heated through and golden brown on each side. Drain on paper towels. Keep warm in oven while cooking remaining. Serve hot, garnished with bacon and onion tops or chives. Serve with heavy cream, if desired. Makes 10 dumplings, about 200 calories each. Add 50 calories for each tablespoon of cream.

BAKED PIEROGI IN CREAM

10 pierogi
1 cup heavy or whipping cream
¼ cup butter, melted

Preheat oven to 350°F. Arrange dumplings in 13x9-inch baking dish. Pour on cream and melted butter. Bake 25 minutes. Serve hot. Makes 5 servings, about 230 calories per dumpling.

HOT CINNAMON CAKE
pictured on page 79

In the family of Suzanne Oppenheimer, Assistant Managing Editor, this cake was always used as a special, last-minute dessert. The warning always given was "don't forget the sugar" because once it was omitted by her fast-moving, working mother-in-law.

1¾ cups all-purpose flour
1 cup sugar
2 tablespoons cinnamon
2 teaspoons double-acting baking powder
½ teaspoon salt
½ cup butter or margarine
1 cup milk
Sweetened whipped cream, stewed fruit or hard sauce, for garnish

Preheat oven to 350°F. Grease and flour an 8-inch square pan; set aside. In large bowl combine dry ingredients. With a pastry blender or 2 knives used scissor-fashion, cut in butter or margarine until mixture resembles cornmeal. Add milk and beat well. Pour into prepared pan. Bake 30 to 35 minutes. Serve warm with whipped cream, stewed fruit or hard sauce. Makes 9 servings, about 255 calories each without garnish.

RUELLE POLSE
(Norwegian Meat Rolls)
pictured on page 79

This Norwegian cold cut recipe was prepared regularly by Associate Food Editor Jan Hazard's grandmother. Traditionally it's served on lefse; we prefer French bread with unsalted butter.

1 beef flank steak (about 1¾ to 2 lbs.)
Salt
¼ teaspoon pepper
⅛ teaspoon ginger
¼ teaspoon allspice
⅛ teaspoon cloves
½ cup finely chopped onion
French bread, sliced
Unsalted butter
Onions and parsley for garnish

Remove all fat from flank, but keep membrane intact. Cut into 2 pieces approximately 6x8 inches; set aside. In small bowl combine 1 teaspoon salt, pepper and spices. Sprinkle evenly over meat. Spread ¼ cup onion on each piece. Roll against the grain, jelly-roll fashion, into a tight bundle. Sew with thin twine (preferably blanket stitch) along seam to seal. Tie with string in 2 directions; lengthwise wrap once and crosswise wrap around meat every inch to form a compact bundle.

To cook: Bring 2 quarts of water in large saucepan to a boil. Add 2 tablespoons salt. Reduce heat; add rolls and enough water (if needed) to cover completely. Simmer for 1¼ to 1½ hours. (Do not let water boil once rolls have been added; keep at a simmer.)

Remove rolls from water. Place between two boards or plates. Weight down with heavy object and let cool. Cover and refrigerate at least 24 hours. Serve either at room temperature or cold, thinly sliced, on buttered bread slices. Makes about 40 ¼-inch slices, about 35 calories per slice.

CABBAGE SOUP

In her childhood, this hearty cabbage soup always seemed to be Sunday night supper during the winter for Bernice Mittman, secretary. She recalls eating it while listening to The Shadow *on radio.*

1 large head cabbage (about 3 lbs.), quartered, cored and sliced
Salt
6 cups water
2 pounds beef plate short ribs or chuck with bone
1 medium onion, chopped
2 cans (8 oz. each) tomato sauce
3 tablespoons fresh lemon juice
1 teaspoon brown sugar

Place cabbage in large bowl and sprinkle with 1 teaspoon salt; set aside for about 1 hour. Drain cabbage and place in large Dutch oven or saucepot. Add water, beef and onion; heat to boiling. Reduce heat, cover and simmer for 2 hours. Stir in remaining ingredients and 1½ teaspoons salt. Cover and simmer 20 minutes more. Remove meat from pot. When cool enough to handle, cut meat from bones. Trim off fat. Cut meat into bite-size pieces and return to pot. Skim off any fat from soup. Makes about 12 cups, about 160 calories per cup.

CARIBBEAN CASSEROLE

An adaptation of a recipe of oven-baked barbecued chicken Barbara Fortson's Jamaican mother always made. (continued)



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FAMILY FAVORITES

continued

Years ago, when she was preparing for her son's christening, Barbara, Assistant to the Editor, created the casserole encompassing not only chicken, but spareribs and sausage as well. It can be made as hot as you want by adding more hot sauce and it feeds a small army.

3 pounds pork spareribs
1 broiler-fryer (about 3 lbs.), cut up
1 pound Italian sausage (preferably ½ lb. hot and ½ lb. sweet), pricked
3 medium onions, sliced
Sauce
¾ cup ketchup
¾ cup water
1 tablespoon salt
1 tablespoon sugar
2 tablespoons distilled white vinegar
2 tablespoons Worcestershire sauce
2 tablespoons lemon juice
1 teaspoon chili powder
1 teaspoon paprika
½ teaspoon bottled hot pepper sauce
½ teaspoon pepper
Pinch oregano
Pinch sweet basil

Cut ribs into 2-rib portions. Place in large Dutch oven; add enough water to cover. Heat to boiling; cover and cook 15 minutes. Remove ribs; discard water.

Preheat oven to 300°F. Place chicken pieces in large roasting pan; then spareribs and sausages. Top with sliced onions.

In small bowl combine sauce ingredients. Pour over meat in roasting pan. Cover and bake 1½ hours. Remove from oven, spoon off fat. Makes 10 to 12 servings, about 675 calories per 10, 565 calories per 12.

RHODE ISLAND JONNY CAKES

Jonny cakes, a name derived from journey cakes, are a New England tradition, reports Mary Higgins, Food Department Assistant. Rhode Islanders distinguish theirs by eliminating the "h." It is said that every family in the colony ate jonny cakes three times a day, but Mary's family serves them primarily for breakfast.

1 cup white cornmeal (stone-ground if available)
1 teaspoon sugar
¼ teaspoon salt
1⅓ cups boiling water
2 tablespoons milk
1 tablespoon butter, melted
Maple syrup, warmed

In small bowl combine cornmeal, sugar and salt. Pour in water and stir to combine. Cover and set aside 5 minutes. Stir in milk and butter. Drop by rounded tablespoonfuls onto a hot, greased, cast-iron skillet or griddle. Cook about 5 minutes, turn and cook 5 minutes more. Serve hot with maple syrup. Makes about 10, about 45 calories each without butter or syrup.

CAPONATA

Caponata, sometimes called caponatina, is a traditional Italian recipe of Sicili origin. Although it is usually served a cold appetizer, Food Department Ass tant Michele Scicolone's family likes best as a hot sandwich filling.

2 eggplant (about 3 lbs.), unpeeled, cut into ½-inch cubes
Salt
Salad oil
2 medium onions, chopped
4 ribs celery, diced
3 cups Italian plum tomatoes, chopped
1 teaspoon sweet basil
1 teaspoon salt
⅛ teaspoon pepper
¼ cup drained capers
½ cup green salad olives, chopped
1 tablespoon sugar
1½ tablespoons red wine vinegar

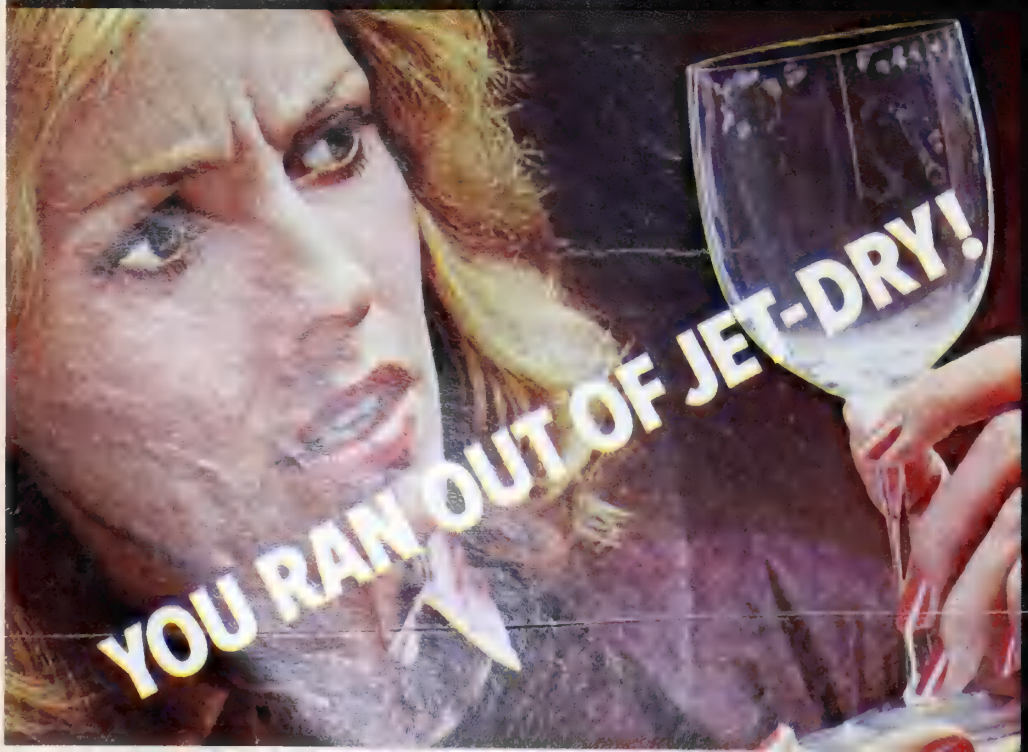
Place eggplant in colander and sprink with salt. Invert a plate over eggplant a weight it down with a heavy object. L stand one hour. Rinse eggplant und cold water and dry with paper towels.

In large saucepan heat 2 tablespoo oil. Add onions and celery and sauté minutes. Add tomatoes, basil, salt a pepper; simmer 10 minutes. Add cape and olives; cook 10 minutes more.

Meanwhile heat ½ inch oil in hea skillet. Fry eggplant in batches un browned. Drain on paper towels.

Combine eggplant with tomato mi ture. Add sugar and vinegar; simmer to 15 minutes more. Store in refrigerat Makes 9 cups, about 60 calories per cup. E

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AMARYLLIS PICOTEE PETTICOAT

At last a really different Amaryllis: Picotee Petticoat produces three to four flowers, eight to ten inches across on each stalk. Each has silky white petals rimmed with deep red; in the center, a delicate yellow verging into cool green. Planted in January, it will bloom in March, and large bulbs may bloom twice in the same season. If the bulb is watered and fertilized during the summer, when it has its green leaves, and then dried off in the fall until midwinter, you will have second blooming the following spring.

A Lovely Seven

First look at flowering houseplants that are new for 1981... each is a winner. By Virginie F. and George A. Elbert



MINIATURE TRAILING AFRICAN VIOLETS

The newest thing in African Violets is the Miniature Trailers. Instead of the tight, bridal-bouquet shapes of the older plants, these develop short pendent branches, each of which bears flowers in the center. Easily grown in three-inch pots, two of the best are Pixie Blue and Pixie Pink. Treat all trailers like any other African Violets and simply pin the tips of branches in the soil for new plants.

NEW GRAFTED CACTUS

Imaginative Japanese nurserymen have now grafted attractive cacti onto branches of the Lemon Vine *(Pereskia aculeata)*, a fast-growing member of the same family but with real leaves. Imagine a leafy bush, about a foot high, bearing several different colorful cacti as if they were real fruit. Grotesque? Yes, but also exciting. The vine can take plenty of water and doesn't mind being kept warm in winter. Plants will lose leaves in transit but they grow back quickly after arrival in your home.



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MINIATURE CYCLAMENS

Finally, a carefree cyclamen (above) that keeps from year to year, giving freely of its bright pink, red, or white and red flowers. Smaller than the larger (and more temperamental) cyclamens, these new plants prefer humusy soil, moderate light, regular watering. After flowering, let dry between waterings, but do keep misting leaves. If leaves drop, place plant in cool place and don't water until leaves begin to grow again. Resume watering, fertilize with high middle-number fertilizer.

TRAILING CREPE MYRTLETTE

Center, top: Lovely, everblooming cousins of the Southern Crepe Myrtles have been adapted for growing in hanging baskets. The white, pink or red flower bursts of these plants will do equally well in full sun or 50 percent shade and will tolerate temperatures as low as 45° F. Pot in a soilless mix or half sand, half real humus and fertilize with a high middle-number formula. This is a lovely addition to porch and indoor gardens.







DWARF LIPSTICK PLANT

Center, middle: Here is a lipstick plant that will give you many more red-orange flowers on a much smaller plant than the large ones you're accustomed to. The unmanageable Latin name is *Aeschynanthus hildebrandii*. No more than eight or ten inches high, we consider it one of the very finest of flowering terrarium plants and one that will also grow well in indirect sunlight. Use a 1-1-1 soilless mix and fertilize with high middle-number formula. Allow to dry out well between waterings and keep in a temperature no lower than 60°F. Prune to encourage flowering.

CROWN OF THORNS

Center, bottom: Miniature Crown of Thorns has been deservedly popular in recent years. Now, a new miniature Crown, with larger leaves and many more flowers that are white, pink, orange or red. It's quite sensational and will bloom unceasingly year-round in a sunny window. Regular watering is essential. Use a high middle-number fertilizer in a soil of half peat, half sand.

Shopping information for all plants on page 114.
Dwarf Lipstick photograph by Michael Riley.

Wonders with Paint

continued from page 76

e: Before painting your wall, read the in-ctions below carefully. Test the technique choose by practicing on a scrap piece of ber, masonite or cardboard.

RLED WOOD

TERIALS: 2 colors of oil base paint (golden -e and reddish brown), rollers and paint , 4" brush, masking tape, paint thinner, lots ewspaper, empty paint bucket, paint stick, es, trashbags.

h tape, mask off ceiling and floor. Paint wall ı base coat of golden ochre paint using er and paint tray. Let dry overnight. In ıty paint bucket fill ⅔ with reddish brown ıt and ⅓ with paint thinner. Mix thoroughly ı paint stick. Crumple several sheets of spaper into balls; place with trashbags rby. Working from ceiling to floor, use 4" sh to paint an area about the size of an open oid-size newspaper. Unfold one crumpled of newspaper and lay it on the wet paint. htly run your hand across the newspaper s will lift certain areas of wet paint and ate the texture), gently lift it up and dis-d. If you find that large areas of paint have received the texture, dab at those areas h a smaller piece of crumpled newspaper. en applying the next area of paint, make e that there is a slight overlap of paint so t the base coat is always covered. In repeat-the pressed paper procedure, give careful ention to edges where paint overlaps.

To create knotholes, take several small ces of newspaper and ball them in your d. Flatten bottom of newspaper ball against ard surface. Place flattened edge on wet nt. Holding it in the same place, twist it e around in a circular motion forming con-tric circles. Use sparingly.

Hints: By experimenting, you will find that can create special effects by pressing your m onto the paper or by running your hand different directions across the paper. For a ulated stone look, choose soft gray and blue nt. Eliminate knothole step.

ATHER FINISH

TERIALS: 3 shades of latex paint (light, dium and dark green), paint roller and tray, stic gloves, masking tape, several household nges (7"x4½"x2"), paper plates.

h tape, mask off ceiling and floor. Paint ls with medium green base coat and let dry rnight. Pour small amount of dark green nt into deep end of paint tray. Using one nge, drag a little of the paint up onto the ped running board of the tray. Firmly hold-sponge, dab it onto paint to coat about ½ of underside; dab sponge onto paper plate to move excess paint. The secret is to work with almost dry sponge.

Begin dabbing paint at top of wall by dab-g the sponge down for a foot or so, dab back to the top and down again. Do not drag the nge across the surface. After 6 or 7 sponge prints, you will have to reload with paint. will notice that the edge of the sponge asionally leaves a faint horizontal line; this tributes to the effect of the technique. en the entire surface has been sponged h dark green paint, let dry; repeat pro-ure with the lightest green paint.

nts: If at any point the sponge deposits too ch paint on the wall, don't be alarmed. The erence in value will add to the charm, but if the deposit of paint is too strong, you can soften or eliminate the "mistake" by softly dabbing another shade of paint over it.

SILKEN SHEEN

MATERIALS: 2 colors of oil base paint (yellow base coat, red top coat), masking tape, paint roller and paint tray, 2 stiff thick-bristled scrub brushes, newspaper, paint thinner.

With roller, paint base coat (use lighter color) over entire wall and let dry overnight. Mask off baseboard and top of wall where it joins the ceiling with 1½" masking tape. When tape is removed, this strip will be yellow. It can remain yellow or you can paint strip red.

When applying second coat, roll paint in ceiling-to-floor sections no wider than 4 feet. The trick in achieving this striped effect is to let second coat dry slightly so that when you pull the scrub brush through the paint the stripes do not flow back together. Drying times differ with paint brands; determine your drying time by testing. Ours was about 45 minutes.

Beginning at left side of second coat and starting at top of wall, use both hands to drag bristle brush through the paint in a straight line down to the baseboard. Sharply tap the brush bristles on a pile of newspaper to remove excess paint from brush. Position brush back at the top of the wall so that it slightly overlaps the area you just striped and again pull the brush down through the paint. After you have made a few passes with the brush, the bristles will become saturated with paint. After tapping the brush onto newspaper, briskly rub the unused brush against the wet one, bristles together, to remove accumulated globs of paint. Continue to pull brush through paint until you finish the four-foot section. If you have worked quickly and paint is still wet, you may create more of the tiny lines that characterize this technique by repeating the process. When you roll on second coat for the next four-foot section, make sure roller slightly overlaps previously completed area.

Hints: If you find that the second coat is too thick, thin slightly with paint thinner.

SPLATTER DOTS

MATERIALS: 3 colors of latex paint (red, green and blue, applied to a white wall), design roller*, small artist's brush and a small amount of white paint.

Following manufacturer's instructions, load roller with first color and apply the design to clean or freshly painted walls. Roll the design in a straight vertical line and do not overlap the design as you proceed along the wall. After applying first color, wash and dry roller, load with second color and repeat procedure. Repeat with third color.

Hints: If you have overlapped any of the design or if any of the paint has dripped, let paint dry and then use small artist's brush and white base coat color to paint out mistakes.

*We used roller #553 from Rollerwall, Inc., P.O Box 757, Silver Spring, Md. 20901. Write for brochure with designs to choose from.

ROUGH TEXTURE

MATERIALS: Latex textured paint, trowel.

Follow manufacturer's instructions to apply paint. Once an area is covered, and while paint is still wet, move the trowel from side to side in a gentle sweeping motion; this will create soft ridges in the paint.

Hints: While painting, stir paint thoroughly to avoid streaking. Follow manufacturer's advice in buying paint: Much more textured paint is needed than ordinary paint. **End**

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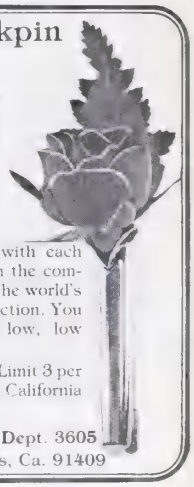
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Sooner than we like to think our pets grow old. The Journal's pet expert talks about the special kinds of loving care your aging animal needs.

By Roger Caras

When Your Pet Is a Senior Citizen

It's hard sometimes to realize how fast our little puppies and kittens grow up. Although in human terms our pets are still youngsters, in animal years they fast become senior citizens. A dog generally lives from 12 to 14 years. (Females and smaller dogs live the longest.) A cat's life span is about 15 years.

Coming to terms with these unavoidable facts of animal life can help you and your cherished pet truly enjoy the time you spend together. By anticipating the future, you can provide your pet with the special loving care and help he'll need as he grows older.



What are the signs of your pet's advancing age?

- *Slowed activity.* Your once playful dog, for example, may no longer be eager to chase a ball for an hour.
- *Grayed coat.* You might notice white hair around the muzzle and eyes.
- *Weight gain.* Decreased activity can cause your pet to put on pounds. In extreme old age the opposite can happen and your pet may even lose weight.
- *Stiffened movements.* Your pet may now have difficulty walking up and down the stairs or standing up after a nap.
- *Impaired vision or hearing.* Your pet may no longer come to you as quickly when you call him or he may begin to bump into furniture.
- *Incontinence.* Even animals whose habits have always been clean may start to lose control of their bladders and bowels as they grow older.
- *Personality change.* If your friendly pet begins to growl or snarl more than usual it may simply be impatience. But your pet could also be telling you that he's in pain.
- *Bad breath.* This is often caused by rotting teeth or an internal disorder.

How to make old age more pleasant for your pet. There is no reason that you can't still have a lot of fun with your older pet. But, as an owner it's important to be especially sensitive and considerate. Along with you, the vet is an older animal's best friend. Because your pet grows more prone to physical ailments, be prepared for increased expenses in caring for your aging animal.

Take your pet to the vet for a physical exam. The doctor should check a range of factors from heart and kidney function to the possibility of diabetes. Discuss what type of diet and vitamins now suit your pet best due to changes in digestion and chewing ability. Your pet needs to keep his strength up, but too much extra weight could strain his heart. Rotted teeth should be removed. Aside from bad breath they often cause a low-grade infection.

There is no reason for your aging pet to suffer. A vet can help you ease an older pet's infirmities and offer treatment for a variety of illnesses. Dogs in particular frequently experience the pain of arthritis. Your vet can prescribe medication, sometimes as simple as aspirin several times a day. Failing eyesight caused by cataracts is correctable in many cases. Unfortunately, usually little can be done about a hearing loss.

There are a lot of ways to make your home safer and more comfortable for your older pet. Find him a soft, dry place to rest. Try to avoid extremes in temperature. Keep older pets under closer supervision. Don't allow them to wander if reduced eyesight, hearing and overall weakness endanger their ability to protect themselves.

Your older pet still needs exercise, but don't let him overdo it. In this area cats are wiser than dogs and tend not to exert themselves. But your dog may think he's still a puppy. You must exercise common sense for him. Instead of tossing a ball for an hour, short games during the cooler hours of the day are better. Walks should be brief and slow.

Dealing with the last days. Clearly it is painful for a pet lover to face the fact that the end of an animal's life is near. The love and concern you have for your pet will help you to make the difficult decisions. Many people think about bringing a younger pet into the household as their pet approaches death. But you must carefully consider your older pet's reaction. Some animals like having puppies or kittens around, others go into a sulk and decline.

When you sense that your pet's joy of living is overshadowed by pain and suffering, peace is the kindest potion you can offer. The most painless way for your pet is in the care of a vet who can administer the appropriate drugs.

Losing a pet is always sad. Compassion, honesty, knowledge and happy memories are your most valuable assets at this difficult time. **End**

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PURINA

You and Your Money

U.S Savings Bonds as a tax-free means to a child's education. Is your medical insurance up-to-date for dependents?

By Sylvia Porter

I've heard that I can buy U.S. Savings Bonds tax-free if I buy them for my young child's college education when he grows up. Is this true?

Yes, it is. But you must buy the bonds in the proper way to get a tax-free (Federal, State and local) return. Savings Bonds now return 8 percent per year if held to maturity, and that annual return (tax-free) isn't bad. What's more, if interest rates keep climbing in future years, the U.S. Treasury now has the right to raise the rate on the familiar bonds again and again.

To get the maximum return, buy the bonds in your child's name, with you, the parent, as a beneficiary. Do *not* name yourself as a co-owner. At the end of one year, file a Federal income tax return in your child's name and inform the IRS that your child will report the interest received annually. As long as your child's total investment income does not exceed $1,000 a year, the accrued interest on the savings bonds is tax-free.

While holiday shopping, my handbag was stolen, and with it, all my credit cards. I tried to remember which cards were in my wallet and their numbers, but I'm not sure I got them all. To prevent this sort of panic from happening to me ever again, I have decided to put all my records in order in one place. Please give me some guides on what to put together and where.

You mentioned one: Put together all your credit cards, their numbers and rules on how to stop payment on each. Also, insurance policies (life, health, property, whatever else); date and place of birth, place and date of U.S. citizenship (if appropriate); Social Security number and all pertinent facts on private pensions that may be in your name; duplicate tax returns and vital tax records; key facts about your own medical and dental history and of family members closest to you; wills, estates, trusts, etc.

This is a mere sampling, but it will help remind you of other records you should keep. Organize all these important papers, put them into a safe place (safe deposit box, if large enough, or a lockbox at home); inform your lawyer and your family where the papers are located; and keep the records up-to-date.

My husband wants to teach our 11-year-old son, who shows a superb aptitude for math, about computers. Isn't this too soon?

Age 11 is not too soon to introduce a bright youngster to the elementary aspects of computers. This is the technology of today and tomorrow. Your husband (and you) might take your son to any computer factory within reasonable distance from your home or a nearby museum may have a computer exhibit that your son might visit. If you do decide to buy a home computer, wait until your son is into his teens.



I am a 20-year-old girl who has been declared legally deaf even though I can hear some sounds. I graduated from high school with middle grades (a four year average of C+) this past June, and ever since I have been trying, without success, to gain admission to an accredited school to learn how to become a paramedic. The admissions officers make no secret of the fact that they consider my deafness too much of a disability to allow me to try to qualify. Do I have any recourse?

Under the 1973 Rehabilitation Act, you have as much right as any other individual to an education, a job, health care, housing, or any other service supported by Federal funds. I strongly advise you to write at once for official guidance to: Handicapped, The U.S. Department of Health and Human Services, 200 Independence Avenue S.W., Washington, D.C. 20201.

I have always had a terrible fear of small insects. I am determined to conquer this fear. Any suggestions?

You have the most common of phobias. The National Self-Help Clearing House, a nonprofit organization based in Manhattan, exists precisely to help people with phobias such as yours. Probably it would refer you to Terrap, a self-help program that handles this area. For more information, write to the Self-Help Clearing House, 33 West 42nd Street, Room 1227, New York, N.Y. 10036. Phone (212) 840-7606. The organization offers assistance to those with a wide variety of problems, ranging from overeating to individuals with a compulsion to go over their heads in debt.

Our daughter, age 19½, lives at home because she is out of a job. She came down with a terrible case of flu and had to spend some weeks in the hospital. She ran up a whopping medical bill before she was back on her feet. The company that sold us the family health insurance policy says our policy no longer covers our child. Can they do this to us?

Yes. It well may be that at age 19, your daughter became ineligible as a dependent under your health insurance policy. A child could lose family coverage if he or she marries before age 19. But it also may be that if a child is unmarried and a full-time student, a health insurance policy will cover the child until age 23 (or maybe, even until age 25).

For all *Journal* readers who see this sad story, this is a *warning*. Check what your health insurance policies cover now. **End**

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Beauty Journal

Grab bag for the New Year . . . beauty bargains galore. . . how to kiss problem lips good-bye . . . recharge your body—instantly.

PUCKER UP

You're planning a big Saturday night on the town—you've chosen your outfit, your makeup. Then disaster—you notice the beginnings of an ugly cold sore. Take heart, with a little extra attention, you can keep your lips soft and kissable. • In general: The composition of lips is unique—a cross between mucous membrane and facial skin. Lips have no lubricating oil glands or melanin so they don't tan or freckle—just burn *very* easily. • *Cold sores* are caused by a virus, herpes simplex, that arises for any number of reasons: overexposure to sun; cold or flu; sensitivity to dental work; foods; emotional upset. They develop underneath the surface of the skin and erupt into fever blisters. Small but painful, they take a week to ten days to heal on their own. To treat: Act fast. At the first sign of a tight, tingly sensation, apply an ice cube for five minutes. Repeat every half hour. This may stop the infection and help provide symptomatic relief of pain. Over-the-counter preparations may also help if used early. Take care not to transmit the virus. • *Chapped, rough lips* are easily prevented. Keep them lubricated at all times with lipstick, gloss. In winter, humidify your bedroom. In summer, don't over air condition. Use a good sunscreen or block and avoid licking lips. • *Cracks* in the corners of the mouth can be caused by improper nutrition and are aggravated by smiling, eating, smoking. Eliminate junk food and watch your diet. • *Swollen, peeling* and *itchy lips* are often the result of allergies to lipstick, toothpaste, mouthwash, even your toothbrush. Eliminate suspect items one by one until you isolate the culprit. For a lipstick substitute (once the allergy has calmed down), apply powder blusher lightly on lips, clear gloss over.

BEAUTY BARGAINS

January is a great month to take advantage of manufacturers' special offers. • Forget your mascara or that special shade of shadow? Get it all together with 7 new eye shadow shades, cake eye liner, mascara, plus the tools you need to apply—in a compact suede-like case. The All Eyes Kit from Flori Roberts, $10 with any $6 purchase. • Harsh winter weather can leave skin dry, dull. Clean it gently yet effectively with a lotion that gives a soft, silky glow. Geminesse Beauty Cleanser, 12 fl. oz., $7.50 (comparable value $15). • Put your best face forward! Convenient kits in coordinated colors—Peachy Bronze, Plum Wine, Copper Bronze—4 eye shadows, blusher, 2 lipsticks, 2 glosses and applicators in a mirrored compact—ready to go. Face Kits by Aziza, $12 ($19.50 value). • Feel rich . . . pamper yourself with a smooth skin cream that acts in five scientific ways to protect against lines and wrinkles. Dorothy Gray Cellogen Cream with vitamin A, 4 oz., regularly $8.50, now $6.50. • Say it with your eyes . . . flick on L'Erin's Thick and Full Mascara in 3 shades, $2.35.

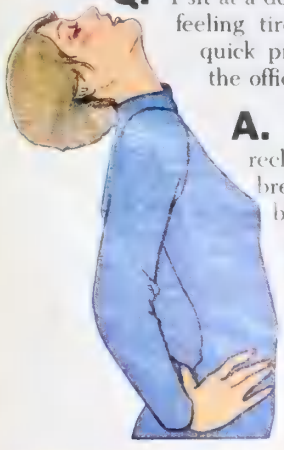
SAVING FACE



Oops! In a rush this morning, you dropped your compact (or powder blush) on the floor—crumbling the contents into tiny pieces. Don't despair, you can save it. (Caution: If the mirror breaks and pieces mix with powder—throw it all away.) Here's how: Using a knife, pry out any powder from the compact and place in a plastic bag along with the broken pieces. Crush into a fine powder and pour into a small plastic jar with a screw top (can be purchased at the 5 & 10). To use: Dip the brush into the jar, tap on the side to remove any excess powder and apply. • What to do with the compact? Clean out with soap and water, dry. Combine petroleum jelly and a dab of sunscreen in the "well." Slick over lipstick for shine and protection!



EXERCISE OF THE MONTH



Q. I sit at a desk all day and sometimes find myself feeling tired and groggy. Can you suggest a quick pick-me-up exercise that I can do in the office?—*D.D., Chicago, Ill.*

A. To relieve tension on the spine and recharge your body with oxygen, try this breathing exercise from *Total Breathing* by Philip Smith (McGraw-Hill). Stand, place hands on hips and bend backward as far as you can (as illustrated) while you exhale through your mouth. Allow the weight of your head to guide you. Feel your spine loosen and relax. Hold for several seconds. Then slowly return to an erect position. Repeat 3 times.

FIGHTING FRIZZ

What do you do if you want a sleek geometric look or soft swinging waves and your hair zizzes out in tight zigzags? Answer: Get it "relaxed." Chemical hair relaxing allows new options; can be done in a salon or at home. • If you use a kit, find a friend to help and follow the instructions to the letter. Hair should be in excellent condition; do any coloring at least four weeks prior. Don't shampoo for a few days before treatment; hair responds better. Always apply protective base (like petroleum jelly) to scalp and ears. Test a back section to see how solution affects your hair type. For first set: Towel dry hair and use *plastic* rollers under a hooded dryer. • To maintain: Because relaxing alters the hair shaft, proper care is important. No blow-dryers or curling irons. Use a wide-tooth comb for styling; brushing is too harsh. Retouch (only new hair) every 6-8 weeks or when you have ½-inch growth.



Border by Julia Noonan. Drawings by Thea Kliros.

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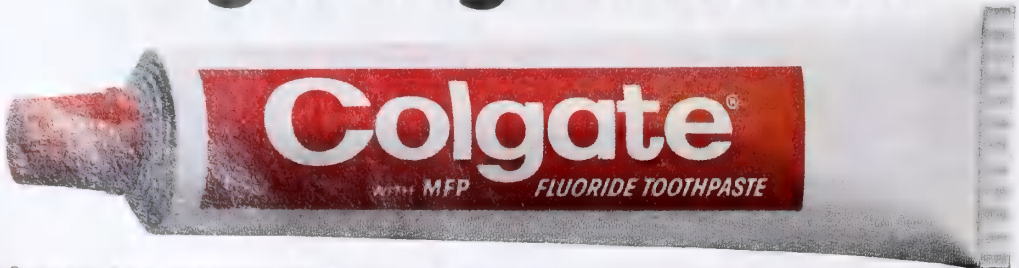


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YOU AND YOUR HEALTH



LHJ's DOCTOR

WHAT SHOULD YOU DO IF YOUR COUGH, SORE THROAT AND RUNNY NOSE JUST WON'T CLEAR UP? OUR PHYSICIAN OFFERS SOME SOUND ADVICE.

By Michael J. Halberstam, M.D.

"Doctor, I Have a Cold that Won't Go Away"

There is no magic cure for the common cold. No shot will really knock it out. No antibiotic or medication will make it go away. Even taking vitamin C regularly won't prevent you from getting a cold.

You can, however, relieve the symptoms. Get a lot of rest and treat yourself with aspirin or aspirin-related compounds, antihistamines, sprays and lozenges. The more comfortable you feel, the less your cold will interfere with your life.

More than a cold

The middle-aged woman in my office—a patient of mine for the past six years—came to see me for what she described as a nasty cold. She balked when I told her I planned to prescribe antibiotics.

"I don't understand why you want me to take antibiotics," she said. "You know I'm against unnecessary medication and I thought drugs can't help a cold."

"I agree with you that doctors sometimes overprescribe drugs to cure simple illnesses. But I'm not sure that your problem is that simple. Let's discuss your symptoms again."

"Well, about two weeks ago I had a terrible sore throat and a runny nose—the usual sort of thing. But for the past four or five days I've had a hacking cough and a slight fever, 100° or 100.4°. I seem to have a cold that won't go away."

"Then it's not a cold," I answered.

The failure to distinguish between upper respiratory infections (basically colds) and more severe lower respiratory infections costs the American public millions of dollars in unnecessary medication and the loss of countless workdays each year. That distinction is crucial.

What most of us correctly call a "cold" affects the upper respiratory tract—the nose, throat, larynx and vocal cords. Various viruses attack the lining of the nose and throat cells. These cells then produce protective secretions and the blood flow increases, which leads to swelling. This is why, when you have a cold, you get a sore throat, have difficulty swallowing and find that your nose drips and the back of your throat is bright red instead of its normal pink. The sinuses—hollow spaces in the skull and facial bones—are also lined with mucus-secreting cells and thus they too can be affected by viruses and bacteria. When they are swollen or the passages are partially blocked, you can help relieve the fullness with antihistamines or sprays.

Bronchitis and pneumonia

There's no such thing as "a cold that won't go away." A common cold runs its course in four to seven days. But sometimes certain lower respiratory infections are preceded by a cold. The lower respiratory tract consists of the lungs, the trachea and the bronchial tubes. Though experts still don't know why, an upper respiratory infection or cold is often followed soon afterward by bronchitis or pneumonia.

Bronchitis is an inflammation of the bronchial tubes caused by either a virus or bacteria. What results is a cough, some phlegm and a slight fever. In the case of pneumonia the infection spreads to the actual lung tissue. The symptoms are similar to those of bronchitis, but the patient's temperature is higher and he coughs up more mucus.

"Have you been bringing up much mucus?" I asked.

"Only a little when I first wake up. Most of the time I just have a dry cough."

Using a stethoscope, I couldn't hear any signs of severe inflammation within the lungs, and she was unable to cough up any phlegm so I couldn't examine a specimen under a microscope. I did take a blood sample for a white blood count and to have the lab test for virus pneumonia, otherwise known as PPLO or Eaton agent pneumonia. Use of the word "virus," however, is a misnomer. We know that the disease is not caused by a virus, but rather a particle that is midway between a virus and bacteria. Unlike viruses, it can be treated effectively by antibiotics.

"Are you still smoking?" I asked her. For years I've been trying to convince this particular patient—a chain smoker who goes through two packs a day—to break her habit.

"Ever since I got sick, I've lost my taste for cigarettes."

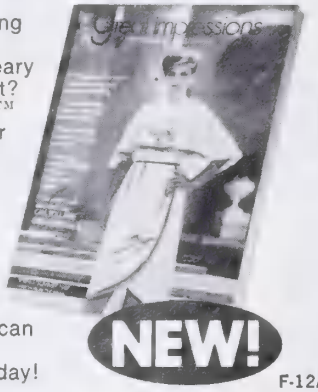
"That's good. Why don't you take this opportunity to quit? Your smoking helped bring on this infection. The villae on the cells in your respiratory system are like little brushes that work constantly to keep your lungs free of particles and bacteria. Smoking paralyzes the mechanism and debris piles up."

"I'll try to quit. In the meantime can I get something to stop the cough?

continued

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I can't sleep at night and it's driving kids nuts during the day."

"Coughing is another way that nat protects your lungs. A cough tells that something is irritating your lungs bronchial tubes and needs to be eli nated. Usually it's a bad idea to c pletely suppress a cough, but I'll p scribe a cough syrup for you to take night to help you sleep. During the d however, I *want* you to cough." I show her how to lie over the side of a bed couch so that her head dangled to floor to drain her bronchial tubes.

When antibiotics help

"Well, doctor, how about giving m shot of penicillin to kill the germ."

"Without any phlegm to examine can't tell what type of germ you have. it's bacteria, it's probably not the ki that can be killed by penicillin, which i so-called 'narrow spectrum' antibiot You're healthy enough to take antibiot orally, so I'm going to prescribe a s 'broad spectrum' variety, tetracycline, treat your illness.

"If you've got a virus, the medicat won't do any good. Unfortunately, the is still no treatment for a virus or a practical way to test for one either. you've got a bacterial infection, ho ever—perhaps one of the new strains t have been going around, like the one t caused Legionnaire's Disease—antibiot *will* help."

Lots of doctors would disagree w this treatment. They believe one shou prescribe antibiotics only when there definite evidence of bacterial infection. the population at large uses too ma antibiotics, many physicians feel, res tant strains may develop and elimina the effectiveness of this type of medic tion. Other doctors, such as myself, thi that when a previously healthy wom develops a cough and fever, there's strong possibility that bacteria are pre ent, even though the germ might n show up in tests.

In this particular case, my hun proved to be correct. Two days later, t results of her blood test showed that t patient had PPLO pneumonia. But t that time, she was already well on t way to recovery because she had begun regimen of antibiotics.

The lesson here is that if a cold goes for weeks, it is not a cold. It may be allergy (if your primary symptom is runny nose), it may be one of a number exotic illnesses like sarcoid or hist plasmosis (if you're coughing excessively or it may even be depression (if you suffering from nagging fatigue). If you have a genuine cold but then develop fever and more severe cough, it's longer a cold. See your doctor. **En**





Weighing In: Tips on scales

Watch the pounds fall off on any one of these conventional or sophisticated models. Which to buy? There are 3 main types. • *Spring scales,* the most common and inexpensive, work simply: Step on the scale, the mainspring stretches, pounds appear on the dial. Use on a hard, flat surface. About $8 and up, depending on style. • *Beam balance,* usually found in doctors' offices. These scales are most accurate and durable. Stand on the scale, slide the weights and the beam will balance at your exact weight. At surgical supply, some department stores, starting at $130. • *Digital,* the newest scales use a combination of springs and electronics. They run on batteries and register your weight in easy-to-read numbers. Sleeker looking, but not always more accurate than spring scales. Pictured, three digital scales: Almost waist-high, Detecto's K-500 retains the weight of four family members for instant recall of loss and gain, $130. The Hanson Memorie 9000 measures in pounds and kilos, $85. General Electric's EDS-1, red striped, about $50.

tographs by Stewart Gross

Keeping Vinyl Shiny

Quick tips on vinyl upholstery care: • For normal everyday dirt, wash off with soapy water (add a splash of milk for extra cleaning power). Leave on a minute; rub with soft cloth. • Any major stains—act fast. Chewing gum: Apply ice cubes until gum flakes off. Ballpoint pen ink: Use rubbing alcohol. Nail polish: Blot with soft cloth. • Wax occasionally with any hard wax for better shine.

Warm Up with Down!

With plenty of chilly nights ahead, January is a perfect month to seek out sales on comforters. • If you're ready to make the investment, choose *down.* It's cozy, cuddly and a real luxury—three times warmer and lighter in weight than the synthetics. Plus, a down comforter can last a lifetime. • Down is the undercoating of ducks or geese (most expensive), made up of thousands of light, fluffy filaments that trap air, serve as insulation. • The FTC requires that any item labeled "down" contain at least 80% down and no more than 20% small feathers. • When buying a comforter, check for *fullness.* Take it out of the package and "squeeze" a section. It should be soft, puffy, yet resilient to the touch. • Comforters range in price from $110 to $350 for double/queen size. Just think: You can easily make your money back by



turning the thermostat down. • Tip: To protect your comforter, use an easily removable cover or "duvet." Also, eliminates the need for a top sheet. If handy, you can make one by sewing two sheets together; or buy ready-made. Shown here, a handsome comforter case, Springmaid's "Haute Couverture" in Riviera pattern; full/queen size, about $55.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Dec.'79

Overweight and You

continued from page 67

retary Harris continued, "perform a liable service by giving sound scien- advice on diets, providing good rivational counseling, emphasizing the d for gradual weight loss and long- n maintenance of healthy dietary pat- ns." A major priority of the Depart- nt of Health and Human Services, she l, is to encourage a healthier lifestyle an understanding of a balanced and ritious diet.

verweight a different experience for n and women?

Women suffer much more than men en they are overweight, said Dr. Mar- Millman. "Men are allowed much ater leeway. A man can be many nds over his ideal weight before peo- start seeing him as fat. If a man has mplishments, the weight does not ract from him as much and he is not sidered unattractive. Women are ved as fat, and defined by their ght, much more quickly and more erely than men.

Despite all the gains and insights of women's movement, women are still ged *primarily* on their physical ap- rance. Women themselves are much re preoccupied with weight. They, and er people, see their weight as the ining central characteristic of who y are. Even if a woman is tremen- sly successful, and she is overweight be just ten or twenty pounds, she be seen as a failure in her own and er people's eyes."

A man, even if he weighs two hundred or three hundred pounds," agreed Helen De Rosis, "does not incur the lic adverse regard that a woman does. n are supposed to be big. But women not. That's not fair, but it's true. This n age of reverence for thinness in our ture."

Men are acceptable in more shapes and s than women, so they usually start to concerned about overweight only en it begins to affect their health, ed Dr. Suzanne Keller. Women are re interested in their appearance. ven normal-sized women worry about ir weight at times, while normal-sized n do not, all because the stereotyped al for women today in this country is , even cadaverously thin.

Given these cultural conceptions of le and female, women are punished far re for being fat than men. How can choose your own body size when you in a society that says one size is ter than another?"

o decided thin was "In"?

A mysterious and unknown process brought us to a society that despises and admires thin, so that perfectly normal women are terrified at the thought the scale may be inching up," said Dr. Keller. "How odd to have a standard of national beauty that so few can live up to easily, comfortably and agreeably."

In our society, it is harder to be thin than fat, Dr. Millman explained. Because the ideal is always what is scarce, and in this country there is no scarcity of food, the thin person has become the ideal. "Here, being thin is associated with being rich. Seven times more lower-income women than wealthy women are fat. A woman shouldn't have to be concerned about being ten or twenty pounds overweight, if she's comfortable with it, but our society's stress on physical appearance and our standards of what's acceptable make it a problem for her. Then maybe she turns to food out of frustration and anger, and the ten pounds turn into one hundred."

Why are women continually so interested in dieting?

Because being overweight can hold us back economically, professionally and personally in a culture where the look of success and acceptance is thin. Right or wrong, we have become obsessed with thinness, Secretary Harris told the conference. "It is no wonder so many of us are forced to spend the better part of our lives on a diet."

Florence Skelly explained our national desire to be thin: "Our social climate has changed since the 1950s, and our current values influence the way women want to see themselves today—vibrant, vigorous, fulfilled. One reason is the new focus on *self*. Women are concerned with 'Who am I? Am I fulfilling myself? What do I really want?' There is a new romance with the body, a commitment to spend time, money and effort in looking terrific and feeling as marvelous as we can. People want to feel vigorous, active, alive, at the peak of their potential," Ms. Skelly said. Being thin is a large part of this idealized picture.

The symbols of achievement have changed from those of the 50s when the major national goal was upward mobility into a middle-class lifestyle. "Today, instead of the well-fed look, which once signaled you'd made it, we've got fitness as a symbol of elitism, of achievement, a way to show we have reached the full, rich life."

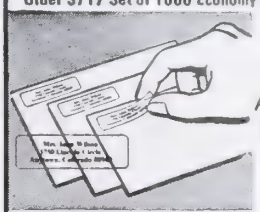
Other factors leading to an ideal body image of thinness, Ms. Skelly added, include the acceptance of women in terms of their achievements, and not only as wives, mothers and homemakers. Women are now a large part of the labor force, and hunger for a sense of independence and personhood. For this, they want to feel and look well.

A new view of aging has contributed, too, to the way we see ourselves. "Today, mature people are seen as capable of achieving the same full, *(continued)*



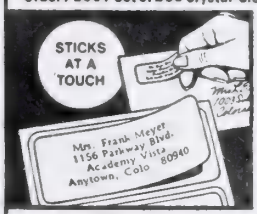
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Overweight and You

continued

rich life. That also includes looking good at any age."

Why, then, isn't everyone thin?

Florence Skelly gave her views: Our new social climate makes adherence to a controlled eating regimen very difficult for several reasons:

- Stress is on the rise as women move out of their accustomed roles and look into themselves. Stress translates into eating for many of us.
- We want quick solutions for all our problems, including overweight. "Products and services that promise you'll lose twenty-nine pounds in ten days don't work. The weight keeps recurring," she said.
- With our new introspection, we are in touch with our changing moods and feel we must respond to them. To many women, "a full life" means doing what we want when we want to do it. "This has taken us away from the three-meals-a-day schedule, with lots of people eating non-meal meals—really snacks—at any time of day. You lose touch with how much you really consume."
- There is a drive within us today toward "conspicuous cultivation," Ms. Skelly said. Because we feel nothing should be left out of our full, rich lives, we place great importance on being knowledgeable about everything from literature and design to wines and cheeses and gourmet foods, which often contain many calories.

Overweight women aren't unhappy with themselves, are they?

"I think there are some overweight women who are just as satisfied with their bodies as thin people," Dr. Millman said, "but, if you are fat in this society, it's hard not to hate yourself because people have such strong negative reactions to it." Added Dr. De Rosis, "Of course, a heavy woman can be happy. But I'm sure, given a choice, she'd rather be thin."

"If you ask almost any woman today what her major physical problem and concern is, she will say, 'My weight,'" according to Dr. Dennis Colacino.

Why do husbands sometimes sabotage weight-loss efforts?

Because, Dr. Millman said, losing weight can upset a couple's balance of power. Husbands may feel they will lose control over their wives if they become thin, or that they may even lose them altogether. Women sometimes fear, if they become as slim and attractive as their fantasies lead them to believe, that they will then have many new options. Perhaps they will be too good for their husbands, or they will be in a position to gain power over them, and they are afraid to find out.

Dr. De Rosis added that women know what to expect in a relationship that remains status quo. But if they make a change, they don't know how they or their spouses will respond. "The anxiety can be so strong that very often they unconsciously decide not to take the risk."

How do other people see an overweight woman?

"In our society, a woman who is overweight is suspected of being in rebellion against the female sex role," says Dr. Millman. "People assume she has deliberately decided not to look the way she is *supposed* to look. She is seen as being hostile, aggressive, masculine, refusing to go to the trouble and self-denial of being attractive. Besides, she is seen as running away from sexuality, as using weight to keep men away, yet men sometimes view her as being excessively sexual."

Dr Suzanne Keller also noted that, "Fatness arouses strong negative emotions in other people who tend to react with horror, moral righteousness and disgust. Overweight people are blamed for their condition, held responsible for it, as if it were always within their control as other problems may not be. In our culture," she said, "fatness implies lack of control, lack of character, a defect of the will. So, rather than finding sympathy or support, overweight people are stigmatized and discriminated against."

Do overweight children grow up to be overweight adults?

They are three times more likely than their slim peers to become fat adults, perhaps because they develop too many fat cells which remain constant for life, or because they imitate the diet and exercise habits of their overweight parents, said Secretary Harris. Dr. Johanna Dwyer added that diet and exercise patterns must be set early in childhood by the family.

Do overweight women really face job discrimination?

According to David L. Glenn, who quoted a study of "weight and size discrimination" made by Maryland's Commission on Human Rights, "There is no doubt your weight affects whether you are hired or fired, or moved up the ladder." Overweight people, and especially women, are penalized for their shapes by fewer jobs, lower pay, poorer medical treatment, higher insurance premiums, fewer college acceptances. Because their weight is perceived as a handicap, employers rate them almost on a par with people afflicted by mental illness and alcoholism, Glenn said.

Why does overweight turn interviewers off?

"Your appearance is one of the intangibles that influence other people's opinions of you," said Ilene Lapkin. "Whe prospective employer looks at you, (and it is almost always a man) thi 'Does this woman project the right im for us?' He may say to himself, 'If can't control her own body, can she p form her job efficiently? Can she st up to physical and emotional stress? W she cost us money because of absent ism and illness?'

"Besides, when you job-hunt, you selling yourself, and a woman who fe she looks good is more self-confident. N everyone wants to be thin, and some us can't be, but women should be aw of the prejudices they face in today's jo hunting marketplace."

Are there dangers in taking extre measures to lose weight?

Both Dr. Dwyer and Dr. Van Ital warned against using any "magic" so tions for overweight, including the ina propriate use of the intestinal and gast bypass operations, the once-popular quid protein diet that caused the death more than 50 women recently, and f diets that provide fewer than 800 calori a day and contain too few carbohydrat to be healthy.

Elinor Guggenheimer asked for co sumer resistance and governmental co trol over dangerous diet drugs, such amphetamines, depressants and tra quilizers, thyroid supplements, and c uretics, as well as "gimmicks" that off magic cures.

OVERVIEW ON OVERWEIGHT

This conference, co-sponsored by th *Journal* and Weight Watchers Intern tional, brought into focus a subject major importance to all Americans, e pecially to women. One out of five of u exceeds medically accepted weigh ranges. But, as Patricia Roberts Harr pointed out, "Overweight, like a fever, i not a disease, but a symptom." To figh the disease, people must really unde stand the factors involved in their weigh problem.

They must be encouraged to improv their own and their families' eating pat terns. They should be encouraged to de velop better exercise habits: walking running, sports and daily calisthenics (see our *Journal* thigh-firming exercises, page 68). Media, government, industry and educational institutions should help the public understand the underlying pres sures behind overweight.

It was the goal of this conference to identify those pressures: emotional, sociological, medical and economic. As a result, women can better make long-term commitments to a sound program of weight loss. We feel our goal was achieved.

Won't you write and tell us what *you* think? Address OVERWEIGHT, *Ladies' Home Journal*, 641 Lexington Avenue, New York, N.Y. 10022. **End**

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SELF-CONTROL

If you would learn self-mastery, begin by yielding yourself to the One Great Master.—*Lobstein*.

Conquer thyself. Till thou hast done this, thou art but a slave; for it is almost as well to be subjected to another's appetite as to thine own.—*Burton*.

The command of one's self is the greatest empire a man can aspire unto, and consequently, to be subject to our own passions is the most grievous slavery. He who best governs himself is best fitted to govern others.

He who reigns within himself and rules his passions, desires and fears is more than a king.—*Milton*.

For want of self-restraint, many men are engaged all their lives in fighting with difficulties of their own making, and rendering success impossible by their own cross-grained ungentleness; whilst others, it may be much less gifted, make their way and achieve success by simple patience, equanimity and self-control.—*Smiles*.

Self-government is, indeed, the noblest rule on earth; the object of a loftier ambition than the possession of crowns or sceptres. The truest conquest is where the soul is bringing every thought into captivity to the obedience of Christ. The monarch of his own mind is the only real potentate.—*Caird*.

The man whom Heaven appoints to govern others should himself first learn to bend his passions to the sway of reason.—*Thomson*.

To rule self and subdue our passions is the more praiseworthy because so few know how to do it.—*Guiccardini*.

What is the best government? That which teaches us to govern ourselves.—*Goethe*.

He that lays down precepts for governing our lives and moderating our passions, obliges humanity, not only in the present, but for all future generations.—*Seneca*.

Those who can command themselves, command others.—*Hazlitt*.

More dear in the sight of God and His angels than any other conquest is the conquest of self.—*A. P. Stanley*.

Let not anyone say that he cannot govern his passions nor hinder them from breaking out and carrying him to action; for what he can do before a prince or a great man, he can do alone or in the presence of God if he will.—*Locke*.

Self-control is promoted by humility. Pride is a fruitful source of uneasiness. It keeps the mind in disquiet. Humility is the antidote.—*Lydia H. Sigourney*.

He is a fool who cannot be angry; but he is a wise man who will not.—*Old Proverb*.

Real glory springs from the silent conquest of ourselves; without that the conqueror is only the first slave.—*Thomson*.

No conflict is so severe as his who labors to subdue himself.—*Thomas à Kempis*.

Do you want to know the man against whom you have most reason to guard yourself? Your looking-glass will give you a very fair likeness of his face.—*Whately*.

Over the times thou hast no power. To redeem a world sunk in dishonesty has not been given thee. Solely over one man therein thou has a quite absolute, uncontrollable power. Him redeem and make honest.—*Carlyle*.

No man is free who cannot command himself.—*Pythagoras*.

It is the man who is cool and collected, who is master of his countenance, his voice, his actions, his gestures, of every part, who can work upon others at his pleasure.—*Diderot*.

Wouldst thou have thy flesh obey thy spirit? Then let thy spirit obey thy God. Thou must be governed, that thou may'st govern.—*Augustine*.

Better conquest never canst thou make than warn thy constant and thy nobler parts against giddy, loose suggestions.—*Shakespeare*.

Who to himself is law, no law doth need.—*Chapman*.

No one who cannot master himself is worthy to rule, and only he can rule.—*Goethe*.

May I govern my passions with absolute sway, and grow wiser and better as life wears away.—*Watts*.

The most precious of all possessions is power over ourselves; power to withstand trial, to bear suffering, to front danger; power over pleasure and pain: power to follow our convictions, however resisted by menace and scorn; the power of calm reliance in scenes of darkness and storms. He that has not a mastery over his inclinations; he that knows not how to resist the importunity of present pleasure or pain, for the sake of what reason tells him is fit to be done, wants the true principle of virtue and industry, and is in great danger of never being good for anything.—*Locke*. **End**

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The Music Changes

continued from page 71

He'd smiled, a wan victor because he'd made it past 12 o'clock, and this first New Year's Eve was in the big book of their lives. But Sally wasn't so sure about the kind of victory it was. They'd been going to New Year's Eve parties ever since college, and neither one had ever been sick. And there were all the other depressing things that had happened unexpectedly, firsts too, but not the kind to make you clap your hands. There were, she thought dolefully, firsts *and* firsts.

So now with coffee and a musing frown, in the closed-museum silence of dawn where everything in their apartment seemed to be still on display, Sally, with paper and ballpoint pen, worked on her list of unhappy firsts. It was like tracking through woods to an orienting landmark. She had an uneasy feeling that too many threads were being pulled loose, too many seams unraveling. She couldn't remember just when she had acquired this list-making habit, this itemizing of joys and glooms, this faith that a list was a probing light to orderliness, safety, control. It was silly to find comfort in making a list; but she started—with Item 1.

Item 1 was Robert, her very first husband, in bed with fever and cold. Time and aspirin would ameliorate Item 1. So it was definitely in the lesser category.

Item 2 was not so simple: Sandy and Pete, divorcing. She brooded over that entry, over what she'd never thought would ever happen. Sandy and Pete had always seemed to her walking, talking, breathing, incontrovertible proof that marriage was a blessed realm. Oh, innocent me, she thought. Sandy, bright, sensible, adorable, was her boss at the City Planning Commission. Those two idols of stability, contentment. . . . Divorce! And she didn't even know what had happened, what treacherous dark current had swamped their lives. They weren't talking, they refused all balm, ointments, poultices of concern. Incredible was not a word to be applied lightly, but this thing—happening in the first year of *her* marriage—was incredible. It was like waking to find your house being bulldozed while you were still in bed, or your possessions being removed inexplicably by strangers.

Then she came to Item 3, dragging herself from the sad puzzle of Sandy and Pete. Item 3 added to the weight of sadness. She wrote, with the greatest reluctance, the greatest disbelief, even now: Item 3, Apt., lovely apt., condominium. She stared at the word *condominium* with the same shock she'd felt the day after Thanksgiving, when the letter had arrived.

It was a long letter, chatty, friendly even—if such a letter, considering the subject, could be a jolly letter. The Amtorr Corporation was converting the building to condominiums. The letter promised vistas of happy living and contentment if they accepted the offer to purchase their apartment and enter the wonderful world of condominium ownership with all its tax benefits forever and ever.

Robert talked to their lawyer and both of them talked to her father, who specialized in real estate law and sometimes worked as a legal consultant to building owners who were converting to condominiums. They were caught, trapped—as long as none of the provisions of their lease were violated. They'd have to purchase or move when the lease expired. Legal action might delay the inevitable; but that was all. Her mother exclaimed, "Neil, can't you find a loophole or go to the Supreme Court?" Her father smiled at that layman's dream of the Supreme Court. "Ida," he said compassionately, "you have to go to the Supreme Court with more than indignation. I can only repeat everything your lawyer told you," he said to Sally and Robert.

"Water is rushing into the damaged hull," Robert said.

"Exactly," Sally's father said. "Start bailing."

Sally added the word *move* to Item 3.

It was a two-year lease with 14 months to go, and she couldn't even begin to contemplate moving. All she could think of were the long weeks making the apartment livable. The weeks, in her mind, were one long yesterday: of endless shopping expeditions, long searches for the exact shade, size, line. It was traumatic enough these days just to think of how much everything had cost. They had a modest bank account, not a South African gold mine.

One evening, staring at that letter, she'd said exactly that to Robert. And she had cried, like a little girl with a beloved toy in ruins. She didn't think of herself as an easy weeper; she saw herself as sturdy-minded, practical, clear-eyed about reality, and now she realized how swiftly such qualities could take flight.

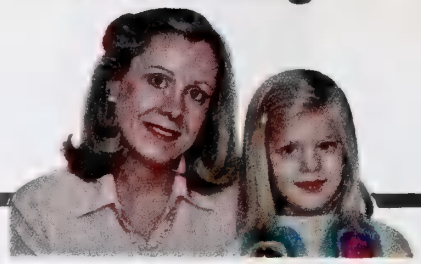
"Isn't there any way we can swing it, Robert?"

Silently, he held out a sheet of ruled note paper. The columns of figures were identified, entry by entry, sub-totaled, totaled. If they purchased the apartment, they'd be able to eat, struggle with the mortgage payments and maintenance charges. Unfortunately, there would also be a continuing need for clothes, some kind of vacation now and then, gas for the car, trips to the dentist—costly etceteras and etceteras. At the bottom of the page Robert had asked the question: What do we do if there is a child? Or two?

It was then that she had cried and said it wasn't fair.

(continued on page 112)





By Geraldine Carro

What to Do if Your Child's a Slob

Can parents avoid those perennial battles with their kids about cleaning up their rooms? Experts say yes, especially if you don't try so hard.

There are times when I think it would be nice to live in my daughter's dollhouse. The living room is as neat as a pin, there are no crumbs on the dining-room table, which she's set nicely with perky, red and yellow wooden dishes, and the bed in the child's room is lovingly made with a tiny blue and white new quilt.

Such thoughts pass wistfully through my mind as I look at the bedroom in which the real little girl lives. *Her* quilt lies rumpled on the floor in a tangle of ballet slippers, discarded jeans and winter boots. It's not, I tell myself, unreasonable to expect a six year old to make her bed on a Saturday.

Things will get worse before they get better, the mother of a 16-year-old boy assures me. When her son left *his* bed unmade for four days, in desperation she ripped off the sheets, laundered and folded them neatly at the foot of his bed. Did the sight of fresh bedding inspire her son, as she'd hoped, to make a clean start? No, she reports. For the next three nights he slept wrapped, cocoon-like, in his blanket on the bare mattress.

It seemed like a sensible idea to broach the issue of neatness with some knowledgeable child psychiatrists. Ready with advice on such complex issues as toddler temper tantrums and childhood depression, what were their thoughts on seemingly simpler problems: unmade beds and rumpled jeans?

I should have known better than to expect a neat answer on the subject of messiness. "Well, you see," confessed child psychiatrist John Condry, "I have this ten year old who hides her clothes under the rug rather than hanging them up." While Dr. Condry, who is a professor of Human Development and Family Relations at Cornell University, does not profess to have all the answers, he does ask some important questions. "It's important to ask *why* your child is a slob—and why it bothers *you* so much."

One reason parents feel frustrated is that they have unrealistic expectations about their youngsters' capabilities, he says. You may be exasperated because your three year old has left his crayons, blocks and toy trucks all over the floor. "But a three year old just doesn't have the skills to make order out of the chaos he's created," says Dr. Condry. "You have to pitch in and help."

Frequently, parents and kids have very different ideas about what is neat, he says. Your child makes his bed but the spread is askew. He then shoves his T-shirt back into the drawer which is so full he can't close it. You scream, "This room is a mess." Your child pleads, "But Mommy, I made my bed."

"In a sense, both of you are right," says Dr. Condry. "If you ask a child what a clean room looks like, you're apt to discover that the two of you have very different standards." A ten or 12 year old, of course, does know what a clean room looks like. "My daughter," says Dr. Condry, "understands what straightening up her room means. She just doesn't always do it. You have to decide," he says, "how crucial it really is to you to have that room clean. Is it worth the perpetual battling? While it's reasonable to expect a modest standard of order, sometimes it simply makes sense to shut a child's door."

When does it make sense to take a stand on neatness? That depends on how much of a slob your child is, answers Dr. John Schowalter, a child psychiatrist at Yale University. "There are two kinds of messy kids. There's the 'normal' messy kid. His room is cluttered and his shirttails are always hanging out. Cleanliness just isn't that important to him," he says. "Then there's the serious slob. This child is so careless about personal hygiene that he or she may get skin rashes or leave food around the bedroom that attracts cockroaches or even rats."

Youngsters who behave in this manner generally suffer from low self-esteem, Dr. Schowalter explains. "They feel that they don't deserve to be neat and clean. Their slobby behavior is often a manifestation of depression. Such a child should be taken to the family doctor or psychiatrist for consultation."

"Normal" run-of-the-mill slobs, however, usually aren't hurting themselves or anyone else, Dr. Schowalter points out. The only serious consideration, in his view, is safety. Parents do have to make sure that it's not treacherous to negotiate the way around a room. "But the old saw 'A place for everything and everything in its place' isn't a realistic way to bring up kids."

Battles of will

Psychiatrist Paul Adams is concerned over the fierce battles of will that parents and children sometimes wage over the issue of disorder. When such rows occur repeatedly, he feels parents are generally to blame. "Such fights usually indicate an excessive need on the part of parents to control their children's lives. The parents somehow feel that they've not only got to conduct this battle, they've got to win," says Dr. Adams, a professor of psychiatry and behavioral sciences at the University of Louisville. Some adults, too, have excessive ideas about cleanliness. They see messiness as immoral, he says, and turn the simple issue of cleaning up a child's room into a major showdown between good and evil. No wonder the battles become so heated.

(continued)



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Mothering

continued

"You have to keep things in perspective," he says. "Be practical. It makes sense to tell a child that his room has to be somewhat tidy. Explain the restrictions. Say that if he can't keep the bedroom minimally neat then you're going to take away certain privileges."

There are a number of positive ways parents can reinforce orderliness in their youngsters, Dr. Adams says. By the time a child is six, he or she is ready to understand neatness. One of the best ways to teach is by example. If you're neat, he argues, chances are that your children will eventually take after you. "Kids love to mimic grownups," he points out.

Give children a chance

Rather than impose rigid rules, he advises, give children a chance to take responsibility themselves in matters of dress and hygiene. Discuss rather than dictate. "Take the time to share ideas about being neat and clean. Ask your child how he thinks the room should look—and listen to the answer." Many children, he explains, will say that they like their rooms a little messy. Dr. Adams thinks parents should respect this preference. "It's unfair," he says, "to ask a child who feels comfortable with a little disorder to keep his room impeccably neat. There should be a corner in the house, a space in which a child can create the kind of atmosphere he feels comfortable in."

Sometimes, of course, children decide to rebel actively against neatness. When parents take a measured approach, this is less likely to happen. "Kids don't rebel on points that parents don't care a lot about," he says. "The less obsessed parents are about tidiness, the less messy their kids will be."

"Let's face it," says Dr. Schowalter. "It's the rare child who, when asked to clean up, will answer 'Sure, Mommy, right away.' Most kids will balk a little. When you're small and everyone else is big, there aren't many other ways of expressing your individuality."

Dr. Condry's advice? "Be patient. Even if your kids seem impossibly messy now, unconsciously they're picking up your standards. As adults, they'll discover that they don't like living in chaos either. Messy kids," he says reassuringly, "don't necessarily grow up to be messy adults."

As for my own six year old, I do wish that the order that reigns in her dollhouse would spill over into the rest of her bedroom. But I take comfort in knowing that the impulse to be tidy is there, if still on a miniature scale. And I suppose it's only fair to acknowledge the state of affairs in my own bedroom. The sweater I wore yesterday is still slung over the back of the rocking chair. **End**

The Music Changes

continued from page 109

"It's legal," Robert had said.

She underlined *move* on her list, traced over the letters until they rose stark and bold on the page, and looked about her in the clarity of this first day of the new year. She wondered how everything assembled with so much care and exhilaration would look in a different apartment. What would turn out to be a total loss, or salvageable.

She crumpled the list, then worked it into a ball with her thumb and forefinger, as if she were trying to rub out all the unpleasant truths of this New Year's Day. As she carried the empty coffee cup into the kitchen, the intercom buzzed. It was a call from the lobby desk. Her parents were here—here for the New Year's Day Mummers Parade. Brooding over the list, she had forgotten that they were coming for the day and that they were always to-the-minute prompt.

"You don't look ready for company," her father said. He always sounded gruff, but she could always pick out the mica glints of affection in his voice.

For as long as Sally could remember, he had gone out bright and early to watch the day-long Mummers Parade: the seemingly endless army of clowns and comics strutting and cavorting up Broad Street—a boulevard wide and arrow-straight—and behind them, the so-called fancy clubs with their great, elaborate, feathered and plumed floats; and finally the long procession of string bands the piercing staccato of banjos, the melodic glide of saxophones and gu the crystalline, waterfall tones of th lophones. All of it going on and they moved back and forth in rhyt marching formations, everything a the music, the colors, all of it like ners in the wind.

Her father gazed out the windo flectively, down at the bare trees o square. Then he took off his rabbi trooper's hat with the earlaps, his sh skin coat and dark green scarf. He bed his long hands together as if bef fire, smiled, and asked, "Ready fo parade, kid?"

She saw in his eyes that he wishe just an instant that she was again little girl who'd ridden on his shou at the parade. "I'm not even ready breakfast," she said candidly.

"Not quite so much gusto, Neil," mother said. "He dragged me out of at six."

"This is my day, my parade," he "Where's Robert?"

"Sleeping, I hope. He's got a cold a fever."

"Poor guy. No way to begin the ye

"He'll say the same thing when wakes up. I'll start breakfast. Scram eggs strike a chord?"

Her father gave Sally a flat pac wrapped in white butcher's paper. "E with this," he said. "Good old cou ham."

"I'll set the table for you," her mo said. "Sally, have you two decided w you're going to do about the apartme

"Robert's handling it a lot *(contin*



"Hero sandwich."

better than I am. It makes me glum and morose."

"Glum and morose," her father said. "Sounds like a good law firm to stay away from."

Sally made the same face at him that she had made when she was much, much younger and his teasing had been a challenge to be met.

"We simply can't afford it," she said soberly to her mother. "And don't start talking about lending us money again. Or giving us money."

"Then cut your losses and get out. That's the smart move," her father said. "This is a nice apartment; but I don't think that it's worth the asking price—which doesn't mean they won't get it from somebody."

"Neil, this isn't one of your client conferences," her mother said. "We don't want to hear about the bottom line today."

As Sally served the eggs and ham, she said, "Daddy's right though. It's a bottom line we can't erase."

Her father nodded approvingly. "This will help fight the cold," he said, gazing at his plate. "Fifteen degrees out there and going to be even colder." He laughed. "Not to mention the wind chill factor. But we've got pile-lined boots and I'll fill the thermos with hot tea and we'll keep the old parade going. Anybody can watch a parade in July; but it takes a tough cookie to watch the Mummers on January One."

"Oh, stop flaunting that hairy chest, Neil," her mother said affectionately. "Imagine if he'd stayed in the Marine Corps and become a general instead of getting out to practice law?"

"Yes," Sally said, smiling for the first time today, "don't tough cookie us. If it gets too uncomfortable, come back here," she told her mother.

"I just might."

Her father had always been able to make Sally smile. She was the only girl, the youngest, and there were areas of childhood, hours like shiny playgrounds, that had belonged exclusively to them. Once she had said to her mother, "Daddy is my biggest friend." She had been serving tea with her toy tea set, imaginary pourings and intense conversations, and he had sat cross-legged on the floor, being properly formal, a friend in for afternoon tea. That afternoon she'd been unable to go out because of swollen glands and sore throat.

"Earl Grey," he said, taking in the aroma as she filled the thermos. "I guess you're staying here, Sal. Can't leave a still-new sick husband. Maybe if he feels a mite better later, you'll come out and see the string bands with us. They probably won't be along until one o'clock."

That was as explicit as he would be, Sally knew. She had always watched the parade with him, long after her brothers had stopped because they were older and wanted to be with their friends. Now they were too far from the parade; one in San Francisco, the other in Scotland with an oil drilling company. And she was too old to ride out the day of the parade on his shoulders.

"I really don't feel up to a parade, Daddy," she said apologetically. "Even if Robert weren't sick. And he isn't *that* sick." She looked into his sheltering eyes and added, "It's just everything else that's happened. You know, about Sandy and Pete getting a divorce, and the business with the apartment. New Year's Day ought to be all shiny, a sign bright in sunlight, welcoming you. Nothing about this day says welcome. I checked this day out thoroughly and I made a list of all the things that do not say welcome."

"Stop babbling," her father said gently. "Take care of your husband."

"See how nice he can be when he tries," her mother said.

They were still around the kitchen table. From the dooorway, Robert, who should have been in bed, said, "Happy New Year everybody."

"You're croaking like a frog and you look like a ghost," Sally's father said. "Happy New Year, kid."

"Robert, sit down," her mother said briskly after a quick, critical look at him. "Let's take his temperature."

Sally's father laughed. "You can marry her, but you can't take the Navy out of a Navy nurse no matter how much time passes. You know the first thing she ever said to me? 'Colonel, I didn't give you permission to get out of bed.' A skinny redhead with a sexy walk and enough iron for a four star general."

"Neil, hush."

"The only time I ever let a lieutenant talk to me like that. Now *(continued)*

JANUARY RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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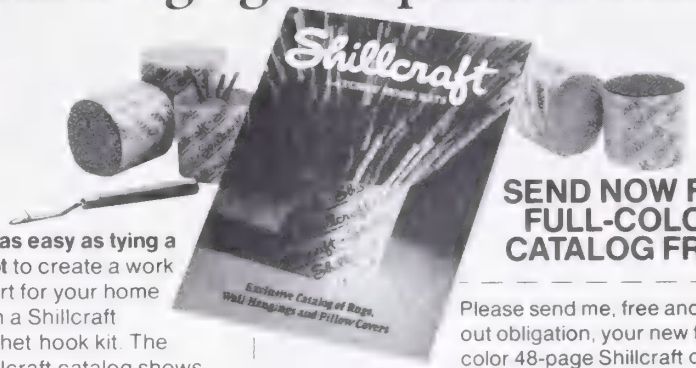
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The Music Changes

continued

she does it regularly and I've got no rank to pull."

The thermometer read 101.

"Aspirin and bed," Sally's mother said crisply.

"Come on, bedraggled one," Sally said.

"I just wanted to say Happy New Year," he said as Sally took his arm.

In the bedroom, she gazed for a moment at Robert. His face looked even more ghostly against the polar white of the pillow.

"Some New Year's Day," she said.

"Have fun at the parade."

"I'm not going."

"You'll disappoint your old man." The words came falteringly. His throat hurt when he talked.

"He understands."

"But you'll still disappoint him. Going to the parade with you is the biggest part of the day." The words came out like a sentence written with dashes between each word. "Understanding doesn't change disappointment. You like the parade. Crazy about string bands . . . . It probably comes from being born in Philadelphia. That crazy parade in icicle weather and eating mustard pretzels and throwing pennies on Benjamin Franklin's grave for good luck . . . . I'll be all right, Sally." He smiled. His eyes were still, shadowed pools. "Can't you hear the string bands?"

She smiled too. "Ever since I was a little girl I used to say that: 'Daddy, I hear the string bands! They're coming!' Hours before they were actually there. And finally I did hear them, and they came up the street at last. Fairylands of music at last."

"Sal," Robert said very earnestly, "get dressed and go to the parade with your parents. Listen to the string bands. Sandy and Pete will still be our friends in their own way, and you'll like the new apartment eventually—whenever we get it, and wherever it is."

"All right," she said.

"All you can do here is watch me sleep."

Sally left the bedroom door open.

Her parents were ready to leave for the parade.

"If you wait until I get dressed, I'll go with you," she said.

In a pleased, gruff voice, her father said, "The string bands wouldn't be the string bands without you."

"You didn't take the thermos bottle," Sally said.

"He's very happy now," Sally's mother said as her father went to the kitchen for the thermos bottle.

Sally dressed quickly and came out to the living room with her pile-lined boots. "Would you believe," her mother said, "there was a time I'd never seen a Mummers Parade?"

"They didn't have one in Mount Wilson, Virginia," Sally joked.

Her mother's lips broadened into a thoroughly impish grin, sliding deliberately into the long vowels of her native county in Virginia. "Why, honey, no indeed. Your father wanted me to go to Philadelphia with him to see one. Just pestered me morning and night like an old jaybird."

"Long ago," he said. He was grinning too—at some old secret.

"Neil, you hush . . . . I knew he had a little more than a parade on that goingon-sixty mind of his. So I put down the word *parade* with a lot of questions underneath. And I figured if I could just answer all those questions to suit me, then I'd go with him. And I've been going ever since."

Sally, bent over to pull on her boots, smiled, thinking of the list she'd compiled at first light this morning and of what Robert had just said to her in the bedroom.

"Sometimes," her mother continued, her voice pensive, echoing with unspoken recollections of her life with her husband, "it's important to write things down. You feel organized *(continued)*

THE LOVELY SEVEN

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LOVE AND MARRIAGE
What happens when you fight over the kids

A MOTHER'S ORDEAL
"My son gave me the courage to live"

The Music Changes

continued

and competent if it's just a list of things to do. But if they're really worrisome, *trouble things*, it's comforting at least to look at them and figure out what you can or can't do about them. Leastways it's always been that way for me."

During the long, cold, sunny New Year's Day, crowded against her parents on the sidewalk, the parade unfolding, familiar and always new, Sally thought of the items on her list, the unfair things, losses, changes—the demanding transactions of adulthood awaiting her and Robert. There would always be a list of things to surmount, she thought; often it wouldn't seem bearable either, remembering how her mother had dealt with the two years her husband had been in Vietnam—a middle-aged reserve colonel called up suddenly—and everything was different. It seemed to Sally that she could see the continuity of her parents' lives—voyagers, survivors, with hard-earned dues paid in full, a little each day, happy with themselves.

Then, rising above all the unceasing, exploding excitement, she heard crystal sharp, rolling thunder. The string bands! Not yet forgotten childhood delight resurrected within her, flashed again in her eyes. Now the first of the string bands pranced smartly into view. A fusillade of applause erupted on both sides of the street, soaring ahead of the music, like heralds, bearing news of the arrival of t string bands. Her father thrust out bo arms, above the heads of shorter peop and found Sally and his wife. He dr them even closer.

"Now isn't this worth the trouble a inconvenience?" he asked. Then he sa "A few things are meant never to chan for you. Like a trailmark. So you'll kn how far you've come. Then you go on."

Sally looked at him. Looked up. T little girl from the crow's nest of l shoulders had looked down at his hea She stood at curbside now, next to h and her mother. And though she cou still hear the little girl on his shoulde shouting *Daddy, I hear the string ban* she knew about the divorce of b friends, all the words to the good-b song of the apartment she'd have to lea behind. She was old enough for all t items on the list still unwritten t would certainly accompany adultho like a freight bill to be paid.

"I'm chilled to the bone," her moth whispered, foot tapping to the mus "But I really wouldn't miss it."

Sally knew why, and it seemed an en mously precious thing to know, to cher forever.

"Are you cold?" her father asked the "I'm frozen. Let's get some use out of t hot tea."

Her mother laughed. Then Sa laughed, inevitably, a split second lat because she knew what her mother kne It was knowledge they would experien separately but understand and alwa share about parades and husbands a apartments and divorces and many, ma other things.



"They all ate at home!"

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Lenore Hershey

Editor's Diary



Some Very Personal Valentines

♥ SWEETHEART ROSES to our new first lady, Nancy Reagan. (See her husband's Valentine on page 73.) Plus, A FLOWERING BRANCH to Rosalynn Carter, who's sure to bloom in new worthy endeavors.

♥ TENDER NOSEGAYS to every person in America who's helping to make children happier and healthier, and thus better citizens for the future.

♥ RED, WHITE AND BLUE BOUTONNIERES to patriots, old and new. May they love America but still respect its variety. May they strive to keep it both strong *and* free.

♥ ONE PERFECT BLOSSOM to all artisans who still care about their work. "God is in the details," said a famous architect. Excellence should be scrupulously pursued, details heeded. (Especially by editors.)

♥ CATNIP AND DOGWOOD SPRAYS to ardent pet lovers. Their devotion is based on the principle that a relationship is purest when it asks nothing in return.

♥ LACE-EDGED ALLEGIANCE to all our *Journal* readers, whose loyalty we honor and cherish. (See "Journal and Me" letters, page 70.) May this Valentine's Day bring you all the love you want: to give, to receive, to share.

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IT'S NOT EASY TO BE A WOMAN TODAY!

"It's Hard to Be the Mother of a Fat Child"

By Bonnie Roush

Again my daughter, Melissa, came home from fifth grade crying. Even though she's a champion speller, none of the kids had chosen her to be on a team for a spelling bee. Then, to add insult to injury, during gym class the other girls laughed at her because she was unable to climb a rope suspended from the ceiling.

It's bad enough when kids are so cruel to one another, but I'm still shocked when adults don't know better. Once, when we were in the supermarket, a woman approached our cart from the other end of the aisle. "My, my," she said to Missy with a smile, "you certainly aren't underfed, are you?" I could see tears welling up in Missy's eyes as the woman walked away.

Sometimes I want to cry, too, when I see my daughter being hurt by such rude and tactless remarks. I don't know if I should be angry at people's insensitivity or pity them because of their ignorance. It's an old issue with us. Ever since I can remember, Missy has been a roly-poly child. When she was a toddler, everyone used to comment on her adorable, pudgy red cheeks. But today, at age 11, she is seriously overweight. She's four feet 11 and weighs 145 pounds.

Basically, I have to face the fact that both Missy and I are responsible for her overeating. Each time I allow her to have candy, soda and starches I must remind myself that I may be endangering her health. The doctor says that carrying so many extra pounds on her frame makes Missy sluggish and strains her heart. It's time to go to battle to insure that my child grows into a beautiful, vigorous and healthy adult.

Missy's weight problem really started when she was still a baby. As a new and inexperienced mother, the only way I knew how to stop her from crying was to poke a bottle in her mouth. I first recognized she was gaining too much weight when I'd take her to the pediatrician's office for routine examinations. Each time the scales would tip further and further from the norm, and I became worried.

The doctor suggested I feed her skim instead of whole milk. But as she began to eat solids, her intake became harder to control. I asked the doctor to run thyroid and other lab tests to be sure that glandular irregularities weren't causing her problem. The tests were all negative.

Was it hereditary?

Was Missy's tendency to gain weight hereditary, I wondered. Though I have always had a trim figure, I have never known my husband when he wasn't at least 50 pounds overweight. His mother is obese, too, and he undoubtedly acquired his chronic eating habits from her. No, Missy's obesity wasn't inherited, the doctor answered gently. What she *had* inherited were excessively poor eating habits.

For years now, Bernie and I have fought over our daughter's weight problem. I've pleaded with him to help me keep her on a diet. But he has never seemed to appreciate the hardships her weight creates for her. Whenever I've asked him not to eat tempting snacks in front of Missy, he becomes furious. "What do you want me to do," *(continued on page 12)*


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It's Not Easy

continued from page 8

he snaps, "go to the basement when I want to eat a piece of cake in my own home?" Moreover, Missy has always known that she could manipulate us both. If she couldn't get what she wanted from me, all she had to do was appeal to Daddy for a candy bar.

The pediatrician suggested I help Missy diet by cooking only a small portion of food for each meal and filling her plate from the stove. If she asked for a second helping—as she invariably did—I was to show her that there was nothing left in the pot.

But unfortunately his method of weight control went against my grain. You see, eating was always such a wonderful family ritual when I was growing up. We always lived on a tight budget even though my father worked very hard. It's true he couldn't buy us all the fancy clothes or pretty dolls we wanted, but none of us ever went hungry. My mother always piled on plenty of butter, cream and sugar to make every dish taste special. Every night we'd gather around a dinner table laden with tempting foods.

As an adult in my own home, I cooked the same way. I felt I was being a poor wife and mother unless I provided big, hearty meals every day for my family. Even with the huge meals I made, Bernie would sometimes run down to a fast food restaurant in the evening after dinner to grab a hamburger.

For a long time I've known there was nothing I could do to control my husband's weight problem. But I knew I had to control Missy's eating habits. I was her parent. I realized if I were firm with her, she would have to obey. To help her on her way, I enrolled both of us in a weight-reducing program. I thought that I could give her more moral support if we dieted together.

It's still a constant struggle each time we go to the supermarket together and we shuffle past the shelves stocked with her favorite cookies and cakes. Believe me, it's not easy to get a child to stick to such a bland diet. The foods she's allowed to eat are the ones that most other kids hate. The treats that most kids love are forbidden to her.

It's an ongoing battle. Missy has lost weight and gained it back. She has kept to the diet assiduously and then she has cheated flagrantly. I'm no angel either. I've slipped, too, because I still find it so difficult to deny her treats sometimes. I just hope that one day she will understand why I'm being so strict with her. I can only trust she'll thank me later when she looks in the mirror and smiles at her trim figure.

I think that the sad part of the problem is that her self-confidence has been torn apart by others' insensitivity and re sults. Children and grown-ups alike se to attach such a stigma to being ov weight, and Missy has borne the brunt that cruelty for most of her life. S certainly has enough people tearing h self-esteem down. But she only has o mother to build it up.

I try my best to encourage her. many respects Missy is a very talent child. She crochets beautifully, writ lovely poems, can play the piano by e and last year she even won an award in city-wide spelling bee. So I praise h lavishly whenever she tries somethi new or succeeds at school, just to r assure her that not everyone is laughi at her.

I never insult her

I try not to yell at her, even when I' angry because she's done somethi wrong. And I never, under any circu stances, insult her about her appearanc Whenever she calls herself fat and ugly, always embrace her and tell her she has pretty face and warm, loving hear What's inside, I tell her, is more impo tant than what's outside.

And the really good news is that no the *whole* household is starting to tak losing weight seriously. The last time Be nie went for a physical, his doctor warne him that he was on his way to a hea attack if he didn't take off at least 5 pounds immediately. I might even suc ceed in convincing him to come to ou weekly weight-reducing meetings. Bu one step at a time.

I'm still concentrating on Missy. Eac day I slip a little note into her lunch bo praising her willpower or telling her t have a lovely day. She says my message are better than dessert. And yesterday noticed an envelope taped to my bed room door. This time Missy was praisin me! "I'm so proud of you for sticking to our diet," she wrote. "Keep up the gooc work." **End**

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay $250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed if possible, and should be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box INE, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts, but we will make every effort to see that your manuscript is returned to you.



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What's Happening

A happy season for moviegoers with entertainment ranging from extraordinary ("Ordinary People") to devastating ("Raging Bull") to endearing ("Melvin and Howard"). Seven major reviews; 18 capsule comments.



Gene Shalit

Americans are wild about movies. Every day in legions beyond counting, we watch movies in theaters, in drive-ins, on home video cassettes and on network, local and cable TV. We care about what's playing and *who's* playing; what's up, where's down, what's in, who's out, what's happening.

In recent months there's been a commotion of emotion as stars soared, stars stumbled, and new stars flaired forth. What's happening at the movies? Get comfortable, relax and read on.

ORDINARY PEOPLE

From the film's first moment you know you are on the threshold of something special. The baroque music adapted by Marvin Hamlisch sets the tone of a lush-lawned suburb and we are among ordinary people. They are so sensitively realized by Robert Redford that with this, his first film, he becomes an important director. *Ordinary People* is filled with a wringing pain, the dissolution of a family—a mother obsessed with affluence; a high school son obsessed with the drowning death of his brother; a father struggling to understand his wife and son. Here is a consummate cast: Judd Hirsch as a humane psychiatrist, Timothy Hutton as the troubled high-school boy, Donald Sutherland and Mary Tyler Moore as the parents. Young Tim Hutton is a real find, and so is his on-screen girlfriend, 19-year-old Elizabeth McGovern. (Keep an eye on *her* career.) You may squeeze your eyes, find your throat strangling, then feel the release of laughter. You will meet these people, know these people, remember these people, these ordinary people who are not so ordinary, in an extraordinary movie.

THE ELEPHANT MAN

When I was a very young child, at a summer camp, we were shown Lon Chaney in the original film version of *The Hunchback of Notre Dame.* I can see it this minute, the grotesque figure, the twisted frame, the bulging face. I can still feel—not *horror,* but the sorrow and the pity I felt as a child. Similar feelings quivered through me when I saw a new film, *The Elephant Man,* this about an actual person, a man of hideous appearance, misshaped, outside of society, disfigured by nature. His name was John Merrick, his mother died in his childhood, he grew up in Victorian England, eking a living as a freak in a circus, a freak called the Elephant Man until he was rescued from the rabble by a physician, Sir Frederick Treves. This physician brought him to a London hospital and helped him to live out his days with a modicum of dignity until he died at age 27. In this story—based on fact, but with a good deal of fictional embellishment—Anthony Hopkins is persuasive as the physician who discovers that behind the grotesque facade there is a mind of impressive intellect. . . and dreams. John Hurt gives a moving portrayal as the Elephant Man, a portrayal in keeping with the high quality of this cast, which includes Anne Bancroft, John Gielgud and Wendy Hiller. This is a long movie, artfully photographed in black and white, told with pathos, a love of humankind and a piercing eye for scoundrels. *The Elephant Man* is well written, well directed, well acted and—not to go to the well too often—welcome.

RESURRECTION

Ellen Burstyn has won four Academy Award nominations and the Oscar for her performance in *Alice Doesn't Live Here Anymore.* Now she scores again, in *Resurrection,* the story of a crippled prairie woman who discovers that her embrace can heal the seemingly incurable. She is bewildered by the inexplicable coming of this preternatural power. She believes deeply that its source is love. For her faith in *love* she suffers the scorn and curses of religionists. The story begins with a California car crash that leaves her legs paralyzed. She is taken to her childhood farm home in *(continued)*



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What's Happening
continued

Kansas by her flint-eyed father with a loveless heart. Being driven across the desert, she encounters Richard Farnsworth, a grizzled geezer who imbues her with wonder. Later, at a welcome-home picnic in Kansas, her impulsive embrace stops a child's bleeding. The farm folk are amazed and she is mystified. When she subsequently wills *herself* to walk, her fame spreads. *Resurrection* is the story of this beatific woman, of her sexual liaison with the son of a fundamentalist who denounces her as Satan's acolyte, and of her yearning to win the love of her dust-hearted father. All of the performances glow, but above all *Resurrection* adds distinction to the career of Ellen Burstyn.

RAGING BULL

Raging Bull left me devastated and elevated: devastated by its impact and elevated by the realization that we have a director like Martin Scorsese and an actor like Robert De Niro who can create a movie so awesome. De Niro has transformed himself physically and emotionally into the movie's anti-hero, Jake La Motta, a former world middleweight boxing champion. As a fighter, Jake was never knocked down. His head was like cement. So, some said, was the *inside* of his head. *Raging Bull* is a version of his life, and I can imagine no one but De Niro daring this role. His performance is monumental.

But it is not De Niro's film alone. Joe Pesci, an obscure actor, has been vaulted into stardom by his performance as Jake's brother Joey. Most exciting of all, we witness the arrival of Cathy Moriarty, a 19-year-old nobody from a deese-dose-and-dem borough of New York. There hasn't been a debut as exhilarating as this in a decade. In the movie she is 15 when Jake spots her at a Bronx neighborhood swimming pool and he leaves his wife for her. She and brother Joey remain steadfast at the sensible center of Jake's tumultuous life, yet for all of their love and loyalty he brutalizes them.

This is not a fairy-tale view of boxing, as was *Rocky*. But it is not an exposé. No fingers are pointed. You cannot point a finger when your fist is clenched. I must alert you to the content of *Raging Bull*. The language is filthy—but no other language would do. Its ring action is implacable and violent—but no other action would do. The relationship between Jake and Vickie is laid bare—but no less lust would do.

If you are shaken by face-smashing violence, outraged by obscenities, made uncomfortable by tantalizing intimacy, you may be cowed by *Raging Bull*. But director Scorsese raises it to a high level of art and, for me, *Raging Bull* becomes a film to remember.

GLORIA

Among John Cassavetes' many memorable movies are *Faces*, *Husbands* and *A Woman Under the Influence*. Most of his films have had an admirable additive: the presence of Gena Rowlands, one of America's least-publicized excellent actresses. Now Cassavetes, as writer and director, and Miss Rowlands (his wife) have created *Gloria*, the story of a former gun moll, show girl and mistress of a Mafia honcho who has retired to a quiet life in a shabby section of the Bronx. Her quietude ends in commotion when a family down the hall is wiped out by gangsters, and Gloria is saddled with the family's only survivor, a little kid. Gloria *hates* little kids. But when she discovers that the mob wants this six-year-old boy, she decides to protect him from her gangster pals. So *Gloria* is the story of The Minor and The Moll on the Run. Miss Rowlands gives it all she's got, which is plenty. She bursts across the screen just like spontaneous combustion.

I don't think you'll believe a minute of this story, but you'll have a fine time as you watch Miss Rowlands put on her Roman-candle performance. As *Gloria*, Gena Rowlands is glorious.

PRIVATE BENJAMIN

After seeing Goldie Hawn's comedy, the lady behind me said to her companion: "Sometimes it's *comfortable* to see a movie where you know exactly what's going to happen." This time Goldie is Private Judy Benjamin, a young woman in the new Army. She's a New York princess who's been pampered out of her bored gourd by rich parents. Never since elementary school has Goldie been without a man, and the only thing she's been trained for is shopping. Now, after two marriages, the first ended by divorce, the second by death; alone and confused, she is dissembled into the Army by a recruiter who fakes her into signing up with promises of yachts, condominiums and a private room.

She soon discovers that the only thing private about the Army is her rank. Her captain (Eileen Brennan) herds her through Biloxi basic training—an assault that's peppered with laughs. Her parents are so ashamed she's in the Army that to save face they tell friends she's in a mental hospital. Goldie has all of the misadventures you expect, from barracks to basic to bed, but the lack of surprises doesn't result in a lack of laughs. Because this role of a mystified military farceur is just right for her off-the-wall style, she gives us a couple of cheerful hours.

MELVIN AND HOWARD

Howard Hughes was a mythic figure of American society, a technological genius, an unrivaled ladies' man, a recluse, a man with millions and minions beyond counting. He died without a will. . . or did he? There is one alleged will, but it's been rejected by the courts. It was written on an envelope and it left $156 million to a gasoline station operator, one Melvin Dummar. Melvin says that one night he gave a lift to a scraggly old man in the Nevada desert and that the man was Howard Hughes. Whether or not the story is true, you'll *think* it's true and you'll surely *hope* it's true after you've seen *Melvin and Howard*.

Howard Hughes is played by Jason Robards, and although he's on screen just 15 or 20 minutes, he permeates the film. As Melvin, I don't see how anybody could do better than does Paul Le Mat, and his wife is that gem of an actress, Mary Steenburgen, the Arkansas artiste. Writer Bo Goldman and director Jonathan Demme have done such an endearing job with this movie that if Howard Hughes had seen *Melvin and Howard* he might have put *them* in his will. **End**

GENE SHALIT RE-VIEWS

Touched by Love—Deborah Raffin stars as a nurse's aide in a remarkable school for children with cerebral palsy. Originally titled *To Elvis With Love* and based on a true story. A family film recommended for those who enjoyed *The Other Side of the Mountain*.

Hopscotch—A clever comedy-mystery with Walter Matthau and Glenda Jackson keeping one country ahead of their CIA-KGB pursuers. Sophisticated fun.

Smokey and the Bandit II—Hundreds of cars wreck havoc as Burt Reynolds again outwits Sheriff Jackie Gleason. Dom DeLuise adds to the craziness.

Loving Couples—Shirley MacLaine/James Coburn and Susan Sarandon/Stephen Collins are the intermixing couples. Two + two = zero.

It's My Turn—Jill Clayburgh, Michael Douglas and Charles Grodin in an alleged romantic comedy whose dialogue is verbal and kapok.

The Awakening—A foolish film with Charlton Heston as an archaeologist who falls obsessively in love with an ancient Egyptian queen. Suggested alternate title: *Mummy Dearest*.

Somewhere in Time—Christopher Reeve is smitten by an old photo of a lovely actress and wills himself back to 1912 to meet her. Soupy, sappy and sleepy. Suggested alternate title: *Let's Take a Trance*.

Battle Beyond the Stars—A quickie to capitalize on *Star Wars*. Undercapitalized.

Willie & Phil—And Margot Kidder. A triangle even Pythagorus couldn't love.

The First Deadly Sin—A cop-and-killer story that is Frank Sinatra's first movie in ten years. He should have waited.

Herbie Goes Bananas—Disney. For children. You bring something to read.

The Stunt Man—An unusual and exhilarating movie within a movie. Bizarre and quite wonderful. With Peter O'Toole.

Bad Timing/A Sensual Obsession—A thoroughly rotten movie with Art Garfunkel. Rated X because there is no lower rating.

Divine Madness—A Bette Midler concert for Bette Midler fans. Raw, raucous and rated R.

The Idolmaker—A show biz hotshot who fabricates rock 'n' roll stars. As the fixer, Ray Sharkey is worth seeing. The movie is not.

Oh, God! Book II—George Burns is divine.

Stardust Memories—Woody Allen's daring comedy about a movie director who ridicules (among other things) people who admire his movies.

Coast to Coast—Dyan Cannon and Robert Blake as the runaway heiress and the truck driver. They don't make them much worse than this.

In God We Trust—Pew.


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Can This Marriage Be Saved?

Christine saw her husband as a weakling, but Chet tried to win back his wife's esteem. Does a husband always have to be the strong man in a marriage?

By Dorothy Cameron Disney

"I Wish My Husband Had More Backbone"

This case is based on information from the files of The Suburban Counseling Center, Inc., a private, nonprofit mental health center in Bryn Mawr, Pennsylvania. Co-founders of this Center and primary therapists are Richard A. Petrino, PhD and Charles C. Bray, PhD. The true story reported here is drawn from the counselor's reports of therapy sessions. Names and other details have been changed to conceal identities. The counselor in this case was the Center's Clinical Director, Charles C. Bray, PhD.



CHRISTINE'S TURN

"I'm embarrassed to admit that my husband's a coward. I still love him, but I've just about lost all respect for him," said Christine, a pert 29-year-old redhead with a trembly voice.

"Chet lets his boss and his adoptive mother, Sally, push him around too much. He let her talk him into moving the whole family to Florida to help her out. When we finally moved back on our own again we were deeply in debt. We can't get out because Chet doesn't have the nerve to ask his boss for the salary raise he deserves.

"I'm doing all I can to help by working part-time as a nurse at a doctor's office. I know Chet thinks that I should work more, but we have two sons at home who need mothering. They've both been badly upset by our shifting around. I don't think it's right to sacrifice their welfare simply because Chet isn't the breadwinner that he could be.

"Chet wasn't like this when I fell in love with him. I was just nineteen when he came to speak at my nursing school graduation ceremonies. I took one look at him and felt I'd been struck by lightning. He was a famous photographer for a nearby metropolitan newspaper, ten years older than I and as handsome as a movie star.

"When he asked the graduating class for volunteer help for his pet project, the community fire department, my hand went up in a flash. I was surprised at myself, because I'm really pretty shy. The next six months were wonderfully romantic.

"Side by side the two of us monitored fire calls on Saturday nights. Chet not only helped fight the fires, but took terrific pictures of some spectacular blazes. I wanted to go along myself, but Chet said no, protecting me as my father used to do.

"On Sundays we went to church, one week his, the next week mine. He really enjoyed my family; he had never had much of a family life himself.

"When Chet asked me to be his bride, I was the happiest girl in the world. We married in my church. I wore my great-grandmother's satin wedding gown and we had the reception in my parents' home.

"After we cut the cake, I ran upstairs to my parents' bedroom to change to leave for our honeymoon. Chet followed me. He closed the bedroom door, and locked it. Chet's fingers were cold and shaky as he struggled with all the tiny buttons on my wedding dress. Soon his whole body was trembling; I was quivering too.

"Suddenly my oldest sister knocked on the door and called for us to hurry downstairs because the guests were leaving. Chet roared at her to go away. She went. Somehow the two of us pulled me free of my great-grandmother's wedding gown. Together we fell on my parents' bed and consummated our marriage. We enjoyed lovemaking from that time on. Now, however, I get so angry with Chet for his meekness, that I often don't want to have sex with him.

"Because Chet seemed so strong and powerful when we met, I assumed that he would be master in his own home, as my father was in his. But we didn't even have a home when we first got married. Chet insisted that we move in with Sally, his adoptive mother, to save money. I then quickly saw another side to Chet.

"He kowtowed to Sally all the time. One morning Sally actually walked right into our bedroom while we were still in bed. I was terribly embarrassed. Although she apologized profusely, I told Chet to get a lock for the door. Sally was hurt. Chet sided with her, but I made sure that the lock was installed that same day.

"We stayed with Sally because our expenses were low and we saved a sizable amount of money to buy our own home and start a family. We knew just what we wanted—two boys and two girls, and a house with a big yard near the church.

"After three years everything fell into place. We bought our dream house and our son, *(continued)*

Can This Marriage Be Saved?

continued

Tim, was born. Sally followed her own dream and moved to Florida to open a nursing home.

"When our second son, Robbie, was born, our careful plans started to come unglued. I had to quit work to care for the children—and we had less money. The kids always seemed to have colds, so I worried about them constantly. I felt that the cold, northern winters were jeopardizing their health. When Sally asked us to join her in Florida, I reluctantly agreed to go.

"Well, the move was a disaster. Sally and I argued constantly about how to raise the boys; she always ignored my wishes as a mother. Plus most of our savings and the profits from the sale of our wonderful house went into rescuing her nursing home from bankruptcy.

"Chet failed dismally in Florida as an independent photographer. He photographed weddings, graduations, church functions and parties by the score, but he lost money because many of his customers never paid him.

"After eighteen months I'd had enough and insisted that we return home. I hoped that Chet would get a paying job again, with a decent salary, and that we would be able to put our family finances back on an even keel. But things still aren't any better.

"Chet took the first job that came along—as a salesman-photographer at only $200 a week. His boss is supposed to be an old family friend, but I call him Skinflint Harvey. He is mercilessly exploiting Chet's diligence, talents and local reputation as a photographer. He promised Chet that as soon as he proved h self, he would receive a raise and a c mission on sales.

"Chet was successful from the s Each month his sales increased. But I expected, Harvey welshed on promise. No raise, no commissions Chet even has to make up the di ence between his gasoline allowa from Harvey and what he actually spe driving on the job.

"Week after week he gives me anot flimsy excuse about why he didn't tall Harvey. I'm fed up with the whole sit tion and can't bear it another minute hated to do it, but I gave Chet an timatum—either get a better deal fr Harvey in the next month or I'm tak the boys and leaving. I never dream that I would want to leave Chet, beca I really do love him. But his defea behavior is turning me into a shrew, ru ing our home life and having a disastr

Get fiber into more foods your family will like
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Tomato Chicken Pilaf

1 can (3 oz.) sliced mushrooms, drained, reserving liquid
1/2 cup chopped onions
1 small clove garlic, chopped
2 tablespoons vegetable oil
3/4 cup KELLOGG'S® ALL-BRAN® cereal or KELLOGG'S® BRAN BUDS® cereal
2 cups cut-up cooked chicken
1/3 cup uncooked regular rice
1/2 teaspoon salt
Dash pepper
1/4 teaspoon leaf thyme
1 can (28 oz.) whole peeled tomatoes

In large frypan, cook drained mushrooms, onions and garlic in oil until lightly browned. Stir in reserved mushroom liquid and remaining ingredients, cutting tomatoes into pieces. Bring to boil. Reduce heat, cover tightly and simmer about 30 minutes or until rice is tender.
YIELD: 5 servings.

Variations: In place of the ALL-BRAN cereal, use 2 cups KELLOGG'S® 40% BRAN FLAKES cereal or 1 1/2 cups KELLOGG'S® CRACKLIN' BRAN® cereal.

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ce on our sons. Maybe he'll be off without the pressure we place ."

5 TURN

rding to Christine I've made a of everything," said 39-year-old a broad-shouldered, blond six- as he stared down at his hands. he's probably right. No matter how try, I always seem to end up in the in her eyes. But I wish she'd show aith in me.

ow that with a little time I can work ut with Harvey. He's not the type of t can be pressured. He'll eventually ber that he promised me a merit just wish that Chris would be patient it bugging me about it.

uess I should have asked for a contract, as Chris thinks, but is an old friend—actually a friend 's—and at the time it seemed okay t his goodwill. Anyhow, Chris and I st back from Florida and I was in ncial shape to dicker. I was grateful vey for helping me out.

ris is right, the Florida move did put ply in the red. But she forgets one ant fact—we owed Mom a great deal she did for us. The money contrib- o save her ailing nursing home was repayment for her having housed l us for three years.

tired of Chris always moaning having to sell her dream house—a vil War mansion on the green next her church. From the beginning it was a mistake to buy it, but insisted. When winter came it to be the white elephant that I edicted. The roof leaked and keep- warm took a large chunk of my Although Chris won't admit it, the insulated house she craved was the use of the boys' colds. She was han willing to move to the warmer e of Florida for their sake. She do it just for me, that's for sure.

ris may deny it but in her heart she puts the boys ahead of me. But ery few people have ever put me including my own mother. Even n my father broke her heart, she referred him over me. She gave up r as a concert singer to marry him. ever did for her was drive her to She died three weeks before my nth birthday. I had to summon the ance because my father was carous- th his cocktail waitress girlfriend.

father remarried a week after my r's death. He took his new family to rnia, leaving me behind, tem- ly he said, with Sally, a church of my mother's. I never heard from gain. That's how Sally became my ve mother.

never had many close friends, but e was full, with school, a part-time d my activities—at the church, at a graphy club I had started and at the community fire department. When my first professional photograph of a warehouse fire won a national prize, I became famous locally.

"I never cared much about dating, but all of a sudden girls seemed impressed with me. However, I was skeptical of their interest and waited until I was twenty-one before I went out on my first date. I wasn't ready to get married anyway. Watching my parents had made me decide not to marry until I knew I would be really happy. I waited a good long time for the right girl.

"Christine appeared in my life when I was nearly thirty. She fulfilled my image of the ideal wife. She didn't drink or smoke, and she was a hard worker with a profession so I felt that she could always earn a living for herself and our children if something ever happened to me. Plus she was a devout Christian, and she was chaste.

"During our first years of marriage she seemed to love working and sharing financial responsibility for the life we planned together. So it came as a complete shock to me when she said that she resented having to help us out of our financial bind. I'd love for her to stay home all day with the boys, but for now that's just not practical. What confuses me also is that she's turned down jobs that pay better than the one that she has. But she seems to have this thing about the man being fully responsible for his family. I'm her husband, not her father. Can't she understand that?

"With all things considered, I really can't believe that Chris would turn her back on our marriage. I know that things aren't going as well as we had hoped, but we've shared a lot of joy over the last ten years. Surely she hasn't forgotten.

"All I know is that I can't imagine living without Chris and the boys. *continued*



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Can This Marriage Be Saved?

continued

In the next few days I plan to pin Harvey down for a ma man discussion of my work that should lead to my r Anyhow I will try my best."

THE COUNSELOR'S TURN

"This was a tough case," the counselor said. "When interviews began, Chet was walking a tightrope, tryin appease Christine without challenging his boss. All the Chet nourished the unrealistic hope that finally Harvey w come through and everything would be fine. The psycholo reasons for his behavior are fairly clear.

"Chet had a calamitous childhood. Both his parents dese him. Some youngsters might have reacted with delinqu behavior; Chet went in the opposite direction. He aimed the impossible. He tried to be perfect to please everyb especially authority figures. As a result he was torn by an sense of duty, a harsh set of self-imposed principles and stant inner fears and self-doubts.

"As a young bride Christine mistook Chet's rigidity as type of strength she admired in her father and wanted i husband. It took her a long time to realize that Chet wo never be a strong, protective father to her. But, with her he he could learn to be a dependable husband and a good fat to their sons.

"There is much that Chet and Christine share. In addition their children and church activities, she sincerely respects talent as a photographer; he admires her intelligence a competence. Sex is a powerful bond too, particularly for Ch He once confided that the first time he ever felt genu intimacy and real closeness with anyone was when he was bed with Christine.

"To keep them together it was necessary to help Christi see beyond her sense of frustration with Chet. It was a important to help steer the family to firmer financial groun And finally Chet had to be spurred into action.

"As a counselor, I never advise people to use the threat separation as a marital strategy or to indulge in gamesmansh of any sort. However, in this case I felt that if Chet realized th he really could lose Christine and the boys, he might overcon his paralysis.

"For her part Christine was leery of taking a higher payi job, fearing that Chet would then lose all incentive to deman more money from his boss. When she realized that her strate didn't work anyway, she looked for, and found, a better job triple her previous salary. She is happy at her new job and see a more stable financial future for her family. But she's als building a nest egg in case things do not work out with Chet.

"Although Chet believes that the possibility of a separation remote, he knows that it can happen if he doesn't come to grip with his family's real needs. He has yet to achieve a totall equitable arrangement with his formidable employer. But no long ago, at his request, his gasoline allowance was doubled Christine and he celebrated the event with a steak dinner a home.

"Christine is still uncertain and confused about her future But she told me recently that her day-to-day relationship with Chet has improved substantially. She now feels that someday she may be able to accept Chet's deep-rooted fear of offending authority figures that so discourages her. In the meantime she has become aware again of Chet's many virtues.

"I continue to counsel with Christine and Chet from time to time because they still have problems. I cannot predict whether their union will survive. It is a hopeful sign that the dreary game the two used to play—she nagging and pushing him; he promising action and then backing off—is no longer a part of their daily lives together." **End**

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Beauty Journal



For a flirtatious February . . . the mood is romantic: softer skin, beautiful eyes, fragrance all around

Handle with Care

Love the look of a shiny, spotless home but hate what some household products do to your hands? Drying your skin, or even worse, irritating it? According to Dr. G. Thomas Jansen, President of the Dermatology Foundation, ". . . with today's trends toward newer, stronger, faster-acting products, care should be taken to minimize potential adverse reactions." The most common culprits are your everyday cleaning agents, such as oven cleaners, bleach, ammonia, abrasive cleansers, steel wool pads, detergents or anything that contains powerful acids or alkalis. Here are a few helpful hints on how to prevent (or deal with) rough and/or reddened hands. • Be a wise consumer. Read labels . . . follow directions . . . know the list of ingredients, all warnings and cautions before using any product. That way you'll be able to counteract a minor accident reaction—fast. • Protect delicate hands (and nails). Wear rubber gloves (best: cotton-lined) for every chore from dishwashing to general cleaning. • Condition hands before and after contact with a product. Use a protective cream or lotion and really slather it on. • If hands go from mildly dry to blisters or rash, take action. What you think are simple "dishpan hands" may be a case of *irritant contact dermatitis.* This excessively dry condition comes from a reaction to strong chemical irritants. • Take care in treating yourself. Some over-the-counter remedies may be effective, but it's wiser to see a dermatologist.

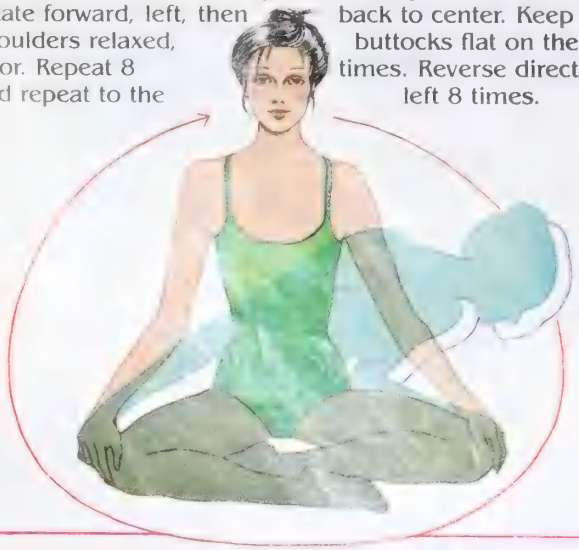
New and Noteworthy

things to try . . . • Everyone wants thicker, fuller, healthier hair. Body Bonus Shampoo has malt extract and essence of hops. By Avon, 7 fl. oz. $2.99. • Slick on shiny, sheer lip color—right where you want it. In 8 shades, Slim Tint Lip Gloss by Maybelline. $2.50. • All the speed and power of a pro-hair dryer in half the size. Great for travel—it's lightweight, comes with handy dual voltage (140/240). Gillette's Supermax Pro 1300. $19.99. • Good news for dry skin—a moisturizing cleanser/toner that leaves your face clean *and* dewy soft. Ten-O-Six Light by Bonne Bell, 8 fl. oz., $4.50.

Exercise of the Month

Q. I'm in pretty good shape but find my waistline expanding with age (I'm 65!). How can I take off a few inches?—R.P., N.Y., N.Y.

A. Try this simple, effective waist-trimmer (great for *any* body). Sit with ankles crossed, rest hands on knees (as illustrated). Lean to the right as far as you can, then back to center. Keep shoulders relaxed, buttocks flat on the floor. Repeat 8 times. Reverse direction and repeat to the left 8 times.



Mascara Magic

Mascara—once available only in basic black and brown—now comes in a rainbow of colors: smoky blue, deep green, purple. These new shades add polish by day, drama at night. To create an enchanting look that's flattering to any eye color: Apply lavender shadow, line eyes with navy pencil. Finish with violet mascara. (For a more subtle touch, use your regular mascara, then flick on color to lash tips.) Have fun and experiment, but be sure to keep colors complementary. For variation, try a burnished brown shadow with teal blue liner and evergreen mascara. Positively smashing!



Romance is in the Air

Create an inviting mood in your home with a rush of fragrance. Make it sexy with spices . . . cozy with sweet wild flowers . . . or mysterious with exotic herbs. Here are some seductive ways . . . perfect for Valentine's Day! • *Incense* creates a dramatic mood, but not for the timid! From sandalwood to lilac, its pungent aroma lasts for hours. Burn in a brass container or ceramic dish. • *Potpourri* comes in a variety of blends (or mix your own). Place in a silver bowl or a basket near an entrance—guests will enter on a fragrance cloud. • *Scented candles* and soft music . . . what could be more romantic? Available in almost any aroma and found in gift and card shops, department stores, cosmetic counters. • *Fresh-cut flowers* give any room instant charm. Try richly scented ones like freesia, carnations, roses—or arrange fragrant greens (such as eucalyptus). For pure glamour, float gardenias in a crystal bowl. • *Special secret:* Just before you turn on the lights, splash a drop of your favorite perfume on each bulb. The heat will waft the scent throughout.

Border by George Angelini. Illustrations by Thea Kliros.

What have I got against wrinkles? New Moisture Whip Moisturizer." Lynda Carter



If you hate wrinkles as much as I do, you'll love new Moisture Whip Moisturizer by Maybelline. It helps prevent wrinkles from coming along too soon.

Unlike the leading moisturizers, new Moisture Whip is whipped up with creamy emollients plus a protective ingredient — Padimate O. And it's dermatologist tested and fragrance free.

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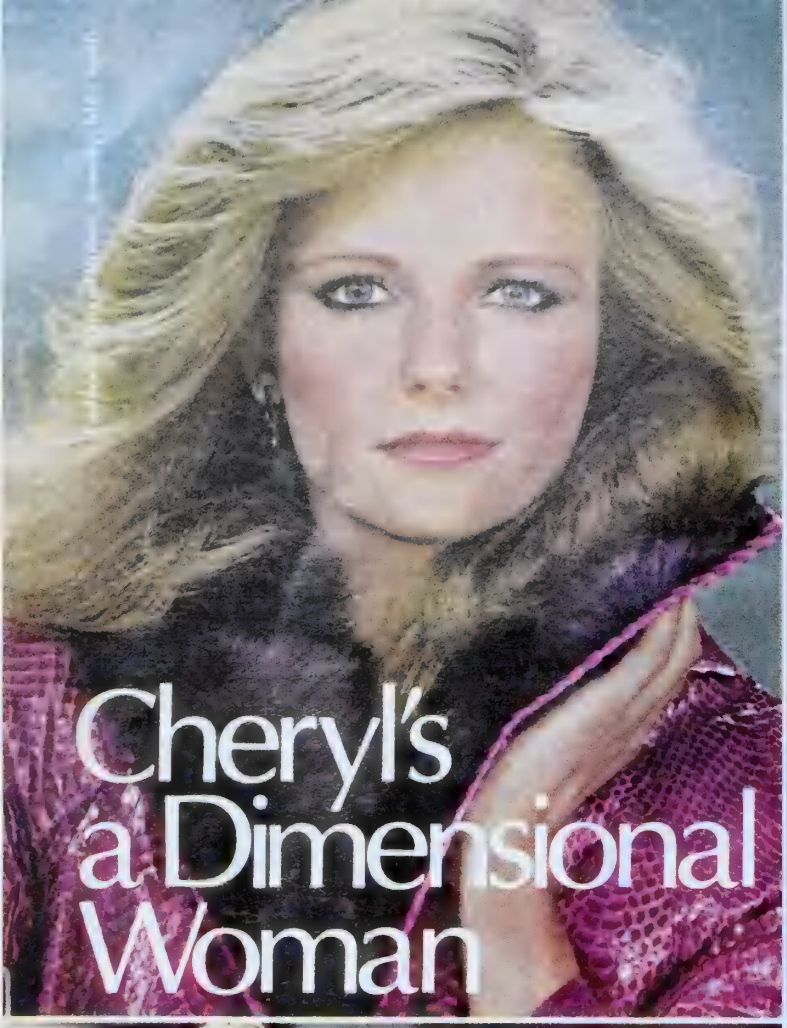
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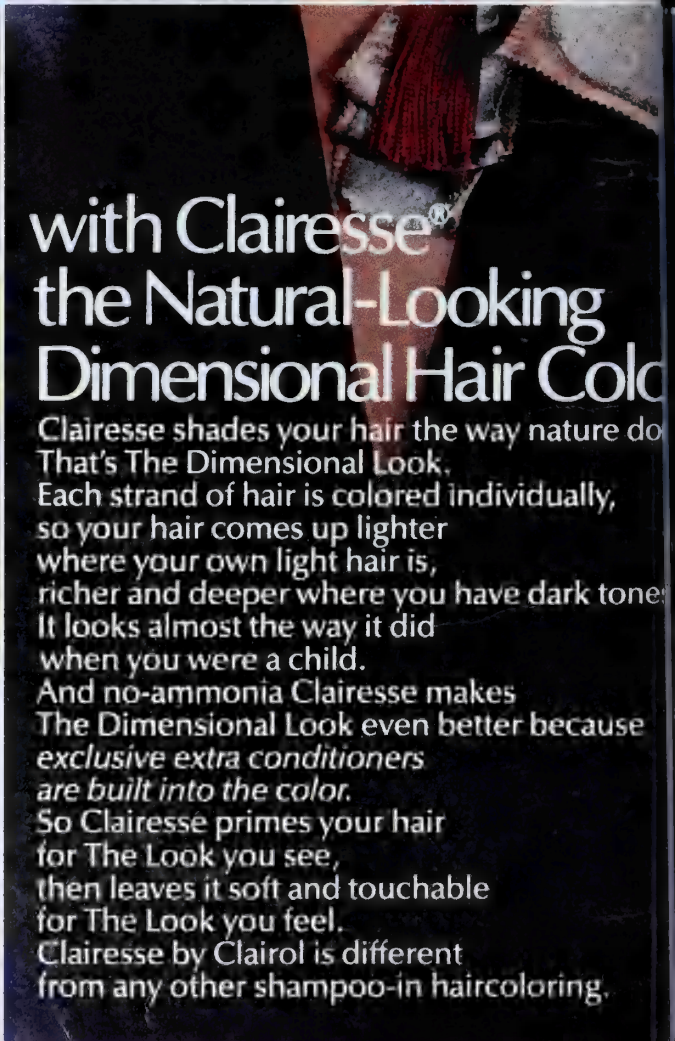


Cheryl's a Dimensional Woman



Fashions: Norma Walters. Jewelry: Miki Savitt.





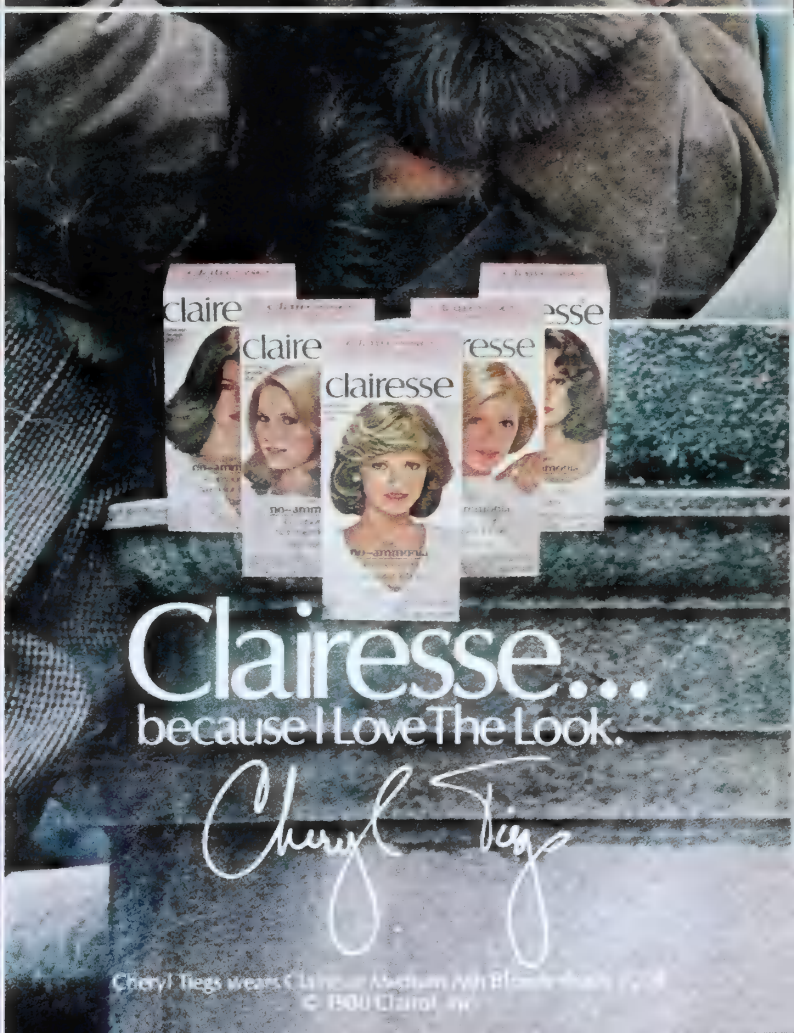
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It's dangerous to assume that your little girl—or boy—is safe from sexual attack. The molester may even be someone you know and trust. Experts tell how to keep the abusers away from your child.

By Geraldine Carro

How to Protect Your Child from Sex Molesters

When she arrives home, Laurie Apton usually can't wait to chatter about her day in the third grade. And so, the afternoon she slipped through the front door and disappeared silently into her room, her mother knew *something* was wrong. Later, at dinner, Margaret Apton innocently asked her daughter, "Did one of the kids in class hurt your feelings?"

The eight year old's reply was every parent's nightmare: A man in a car outside the school gates had asked Laurie to get in "just for a few minutes." He tried to entice her with a bag of popcorn, but she saw that he was naked underneath his overcoat. Laurie ran away. What would your child have done?

Sadly, the kids who *do* get into the car are the ones we most often hear about. But the headline stories only begin to tell the tragic tale of sex molesters and their young victims. The problem is more widespread than we parents realize, new statistics suggest:

- Sexual abuse of young girls is four times more common than rape of adult women.
- Between the ages of five and 13, one in four little girls falls prey to some form of sexual abuse by adults—whether it be exhibitionism, inappropriate fondling, rape or incest.
- Although young females are the most common victims, 20 to 25 percent of those attacked are little boys.
- Unlike the man who accosted Laurie Apton, most sex molesters aren't strangers at all. A third of the attackers are family intimates—fathers, stepfathers, uncles. Approximately one third to one half are distant relatives and family acquaintances. Only 15 to 20 percent are strangers, according to public health expert Joyce Thomas, head of the Child Sex Abuse unit at Children's Hospital in Washington, D.C.

Parental warnings such as the traditional "Don't talk to strangers" hardly seem adequate in the light of these findings. What, then, should parents tell children to protect them from potential molesters? "We simply can't afford to be so vague," says psychiatrist Gene Abel, who runs a treatment program for offenders at the New York Psychiatric Institute. Parents, he says, should be explicit. "You can tell even a relatively young child that there are some adults who may want to 'touch you in places that seem strange or who want to show you their genitals.'"

If well handled by parents, such discussions should not evoke undue fears in children. "If you don't treat the subject as something terrifying, then your child won't be terrified. The problem is not the child's reaction, but your reaction to discussing the matter. But sex abuse won't go away—it must be dealt with."

Definitely do warn children about sex molesters, agrees Dr. Edward Weiss, consulting psychiatrist to the Children's Hospital clinic. But he emphasizes the need to tailor discussions to the age of the child. The young elementary school-age child should know that there are "people out there who hurt children," he says. "Tell them not to allow strangers to hug, kiss or touch them." By the time children reach the age of ten, parents can be even more direct. "But be careful," he warns, "not to take a heavy-handed approach that might make children unreasonably fearful."



Photograph by G. Becker

Parents can also help teach practical strategies to ward off potential attacks. The key is to keep the youngster from going off with the molester in the first place, says Dr. Abel. "Once a molester is isolated with a child, his control over his impulses is poor. At this point it's very difficult for a child to do anything to protect himself. But he can take protective steps before actually being lured away." If accosted tell your child to:

- Move away toward others.
- Make noise; be as verbal as possible.
- Don't talk to strangers.

Reinforce such behavior, Dr. Abel suggests, by role-playing with your *(continued)*





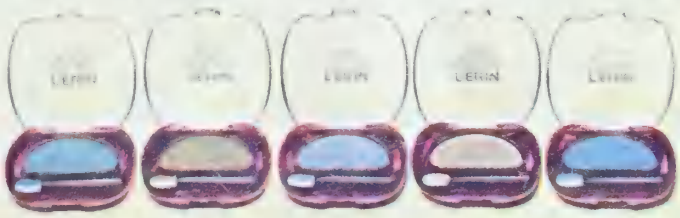
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school-age youngster. Pretend that
are a stranger who approaches your c
Ask your child what he would do.
him establish his priorities.

Because children have been taugl
obey adults, Dr. Abel points out, they
sometimes afraid to say no to strang
Typically, young victims offer expl
tions, after the fact, like, "I said I'd
into the car with him and I didn't wa
break my promise." Or "He offere
hold my school books. I thought I'd
ter go with him because if I lost
books, everyone would be mad at me

The molester your child knows

Parents, however, must recognize
most sex abusers aren't strangers,
Abel says. For this reason, parents c
don't learn that the abuse has occurre
relative or friend who molests a c
usually asks him to keep it secret.
plain to your child, says Dr. Abel,
people who try to "play" with then
strange ways always say, "Please d
tell." Instruct your child to tell you—
matter who the person is.

Joyce Thomas adds further guideli
"Set limits," she says. "Your child sh
know he's expected to come stra
home from school. Make sure that
know where your child is at all times
that he's being properly supervised."

Parents, too, must be on the alert,
says, for adults who behave peculi
towards a youngster. They should re
nize that incidents of sex molestation
often associated with heavy drinking.

How severely a child reacts to ac
molestation, she says, depends largely
the parents' reactions. The abused c
whose family remains relatively calm
supportive is less likely to suffer d
trauma. Very young children may
even perceive the attack as sexual,
simply sense that they have been hurt
someone. Parents who react hysteric
or—as some parents do—make the c
feel responsible for the incident only
acerbate the youngsters' fears and guil

Both she and Dr. Abel stress the
portance of acting *before* the f
"Basically, as a parent you can take
approaches," says Dr. Abel. "You can
it makes you nervous to talk about sex
abuse with your youngsters and assu
that the molester is going to strike so
one else's children, not yours. Or you
be realistic and try to equip your child
to protect themselves."

For more information write to: ●*Sex Assault Center, Harborview, 325 9th A Seattle, Wash. 98104* ●*Austin Child Gu ance Center, c/o Dr. Payne, 612 W. 6th S Austin, Tex. 78701* ●*Child Protection C ter, Children's Hospital, 111 Michig Ave., N.W., Wash., D.C. 20010.*



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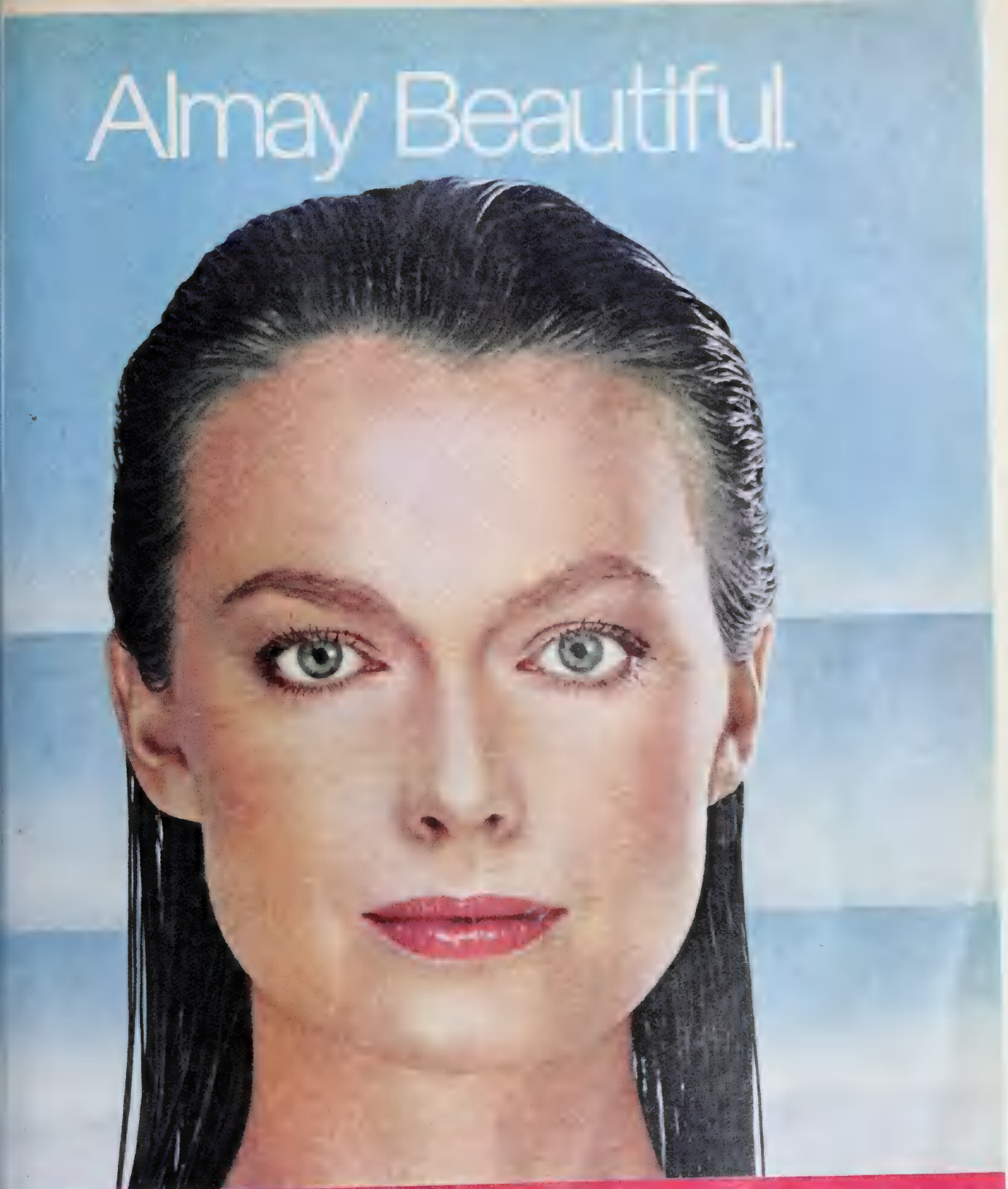
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Taming the Green-Eyed Monster

Jealousy is one of the most potent and common emotions, but little is known about it—except that it's normal. By Anthea Disney

For several moments Sheila discreetly watched the conversation between her husband, Donald, and an attractive young woman, feeling irritated. Then Donald reached into his pocket and took out the notepad he always carried and wrote down something the woman said. With a rush of nausea, her heart pounding, Sheila realized the woman was giving Donald her phone number.

What Sheila was experiencing was, of course, a flash of jealousy—the emotion that has dogged the steps of the human race for all time and that today, even with psychiatry, therapy, encounter and consciousness-raising groups, remains the last frontier emotion, the fierce green-eyed monster.

There is no society in the world that doesn't experience jealousy, anthropologists have concluded. Feminists and homemakers, executives and construction workers alike feel it. Jealousy respects no social or political boundaries. Animals, lacking the elaborate cultures of humans, display signs of jealousy. And, according to experts like Prof. William D. Hamilton of the University of Michigan, jealousy is more of a biological than a learned response. It is in our genes. When we experience jealousy we are, to some extent, the victims of our chromosomes.

Until recently, little research has been done on the powerful emotion that can and does destroy relationships. But now, social scientists in California, Indiana and Maryland are making the first attempts to find out how jealousy works and the ways in which people can cope with this emotional beast.

Gordon Clanton, who teaches a course at San Diego State University on love, jealousy and envy, says: "Every emotion is a mixture of a physiological event and some social learning. It's very tempting to believe we are solely in the hands of our chromosomes. But the biochemical part of jealousy alone can't tell us when to react, when to feel threatened. These are learned responses, and we can deal with them if we are patient and honest. Jealousy is a perfectly valid emotion, an attempt to protect love. But it can be destructive to love and to a relationship."

Sometimes jealousy may be justified. At those times it is a sign that the *relationship* needs tending. But often it is a sign that the *person* experiencing the jealousy needs tending.

Jealousy can be used as a weapon by a powerful partner against a vulnerable one, or as a manipulative tool. When one psychologist asked a group of people why they had intentionally induced jealousy in their partners, 40 percent said they wanted to test the relationship; 30 percent felt it would bring them "more goodies," ten percent wanted revenge for some offense; eight percent felt it was a way of bolstering their self-esteem and one and a half percent wanted to punish and hurt their partner. The rest had no reasons.

Within the last 15 years, changing attitudes toward relationships have made jealousy an even more difficult emotion to deal with. It used to be a sign that you were loved. But the ideal of personal growth within a relationship developed during the 60s and 70s, casting jealousy as a form of repression and manipulation.

Gregory Lewis White, assistant professor of psychology at the University of Maryland, says, "Until the mid-60s, jealousy was acceptable. Then, gradually, people's view of themselves and their relationships changed, and now jealousy is considered even by many ordinary, middle class couples as petty and uncool. Jealousy is a major problem—cited by most people in our studies as the reason for the breakup of at least one important romantic relationship. But now, because of social pressures, people don't like to admit to themselves that they feel jealous." But suppressing it can be the worst thing to do.

White's research shows that jealousy depends on four variables: how exclusive you are in a relationship; how much your self-esteem is affected by others; whether you are more involved in the relationship than your partner; whether you feel a sense of inadequacy as a partner.

White discovered that women tend to become sad, depressed and immobilized by jealousy and blame themselves, whereas men tend to become angry and vengeful when jealous. White attributes the common belief that women are more jealous by nature than men to the fact that women, even today, tend to closely monitor the emotional side of a relationship and are faster to notice changes in the emotional climate.

Researcher Jan Francis of Indiana University has found that because many women still depend on men and have more at stake, they seem predisposed to feel jealous. But jealous men, she says, are statistically more likely to suspect their partner unreasonably. Francis has found that jealousy creates certain physical symptoms—speeding heart rate and increased blood pressure—but it does not stimulate perspiration.

"Women and particularly men are so inhibited about communicating their feelings of jealousy that it becomes a real destroyer of relationships," Francis says. "After working with it for several years, I honestly believe it needn't be so destructive. People construct boundaries around themselves and their partners that they often don't discuss. If only we can be honest, we can negotiate our needs with our partners and compromise."

There's not much any of us can do about the roots of our emotions. Those are biological facts of life that we cannot refute.

But if we can regard jealousy as a part of the complex emotions that make up our nature, then we can learn to live with it. We may never be able to conquer the green-eyed monster, but with time we can housetrain it. **End**


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In Celebration of Winter

Our grandparents made it the best time of year. You can, too, if you bring back the cozy romantic games, the warming grogs and the nestling by the fire. Then you won't even care if spring comes late. By Beth Weinhouse



Winter is possibly the most bemoaned of all seasons. It's often more of a headache than a wonderland. With cars that won't start, driveways that need shoveling, icy roads, chill winds, the high cost of heating and cabin fever, one can only wish the season away. But winter doesn't have to be like this.

Imagine yourself with your family and friends inside a beautiful old country inn. It's snowing outside, but a blazing fire keeps everyone cozy and warm. Some of the merry crowd are dancing and singing, while others are playing party games. You wander over to the next room for a snack, and find such treats as wild game and birds, fruit pyramids, brandies, mulled wine, grog, beer and ale and hot buttered rum. After dancing until dawn, you and your friends pile into horse-drawn sleighs for the ride home.

You've just been to an early American "frolic" or party, and you are surprised to learn that earlier generations of Americans welcomed winter as a social season, and a break from hard work. Why not pick up where our wise ancestors left off? There's a certain timelessness to the leisure activities of yesteryear. Forget the finicky automobile. Stay indoors—popping popcorn, roasting chestnuts, sewing and quilting.

Once you're warmed with the inner glow of hearth and home, you might be ready for some exhilarating winter play. Skiing, tobogganing, ice fishing, ice boating, lacrosse and hockey have all been played for years. Ice skating has been a popular sport in this country since the 1600s; the old skates had wooden tops and blades that curved in a circle above the toe. Skating was one of the few strenuous activities considered socially acceptable for women. Even so, many women were content to be pushed around on the ice in miniature sleighs. Others were urged to grab hold of the coattails of gentleman partners for then "if he was a dextrous glider, and she maintained a firm position, a gay time she could have of it, enjoying all the pleasure without incurring any of the fatigue of the exercise."

Ice festivals and winter carnivals have gathered generations of towns together for public amusement in winter. Two large winter carnivals held each year are at Dartmouth College in Hanover, New Hampshire (February 12 to 14, 1981) and Quebec, Canada (February 5 to 15, 1981). The college festival includes snowshoe races, ice sculptures, a skating show, ski jumping, cross-country competitions and lots of music and partying. The Canadian Carnival will have parades, the crowning of the Carnival Queen, canoe races on the St. Lawrence River and an international snow sculpture contest. The Chambers of Commerce of both towns can provide additional information.

Winter is a social time—a time to spend with family, visit neighbors and catch up on the gossip. Without television or radio, snowy days in times of old meant lively conversations, reading aloud, sing-alongs, music and dancing. Parlor games like charades date back to colonial times. One game that deserves a revival is Tableau Vivante (Living Statue), in which individuals or groups of players arrange themselves and their costumes to resemble a well-known sculpture or painting. Traveling shows which demonstrated this game were the forerunner of the burlesque, since they often imitated naked classical sculptures!

Frolics were popular among the young, as a way for boy to meet girl—the games provided a not-so-subtle form of flirting. Party favors, called "kisses" (elaborately wrapped candies), harbored bits of verses that were intended to signal the be ning of a romance: A girl would no surprised to receive a "kiss" from a boy that read: "I swear I love you, pray don't think me rude/ I vow I'll kiss you, sweet affected prude."

Once the happy couple got to k each other, they might "bundle" toget during the cold season. Bundling practiced mostly in New England Pennsylvania as a form of courtship an a means of conserving heat. With the approval of her parents (though so times in the same room with them), a would lie down in a featherbed with boyfriend and pull a warm coverlet o them. Both remained fully clothed. two would lie together and whisper each other all evening long. Sometime board divided the bed and separated couple. It was considered perfec proper for a couple to spend the ni together in bed this way. In fact, Yankees had a saying: "A sofa in sumn is more dangerous for young lovers tha bundling bed in winter!"

While bundling has passed into histo you can stay warm with a number of o fashioned hot drinks. Grog is a mixture sugar or maple syrup, lemon juice a rum, mixed with hot tea or water. H buttered rum is made by mix powdered sugar, boiling water, rum a butter. Mulled drinks, popular at parti are made by heating either apple cider wine, and adding cloves and cinnamon

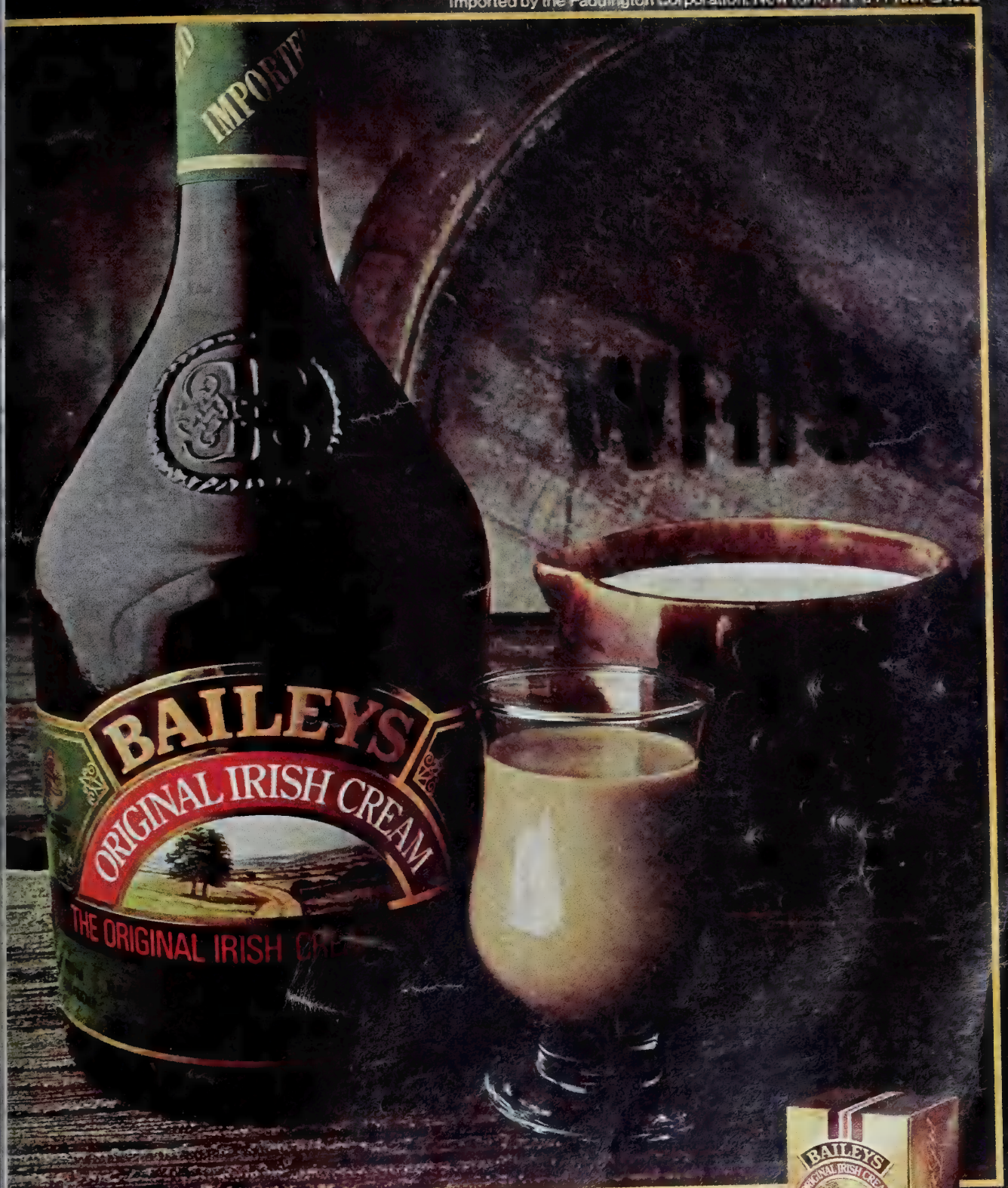
For something cold but delicious, sugar snow—a forerunner of the cream cone. After the hard work of tapping maple trees for sap and boiling down the liquid for syrup, hungry workers would dip snowballs into the buckets of warm syrup for a sweet, frozen snack.

Colonial superstition had it that skunk under the kitchen meant an u commonly hard winter ahead. If you fi one of the creatures under your kitche don't despair. Winter can be fun and old-fashioned winter doesn't have to be complicated as planning a frolic or findi a horse-drawn sleigh.

A fire in the fireplace, roaste chestnuts, a basket full of knitting—a these set the mood for a cozy wint evening in any time period. En

Illustrated by Marcy Gold

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PRINCESS CRUISES

The Magnificent Adventure

Only Your Jeweler Knows for Sure

You don't need diamonds to look like a star. Synthetic and imitation gems can keep you sparkling on all occasions

By Katherine Barrett

The man in your life doesn't have to be a millionaire to give you fabulous jewelry for Valentine's Day. Perhaps you'd like an emerald, centered in a diamond snowflake pin. Or, a simple teardrop pendant on a silver chain, or a string of elegant pearls.

All sorts of surprises are possible this February 14 because fake gems are getting more and more realistic—and practical. With sky-high insurance rates and even higher prices, real gems are buried deep in bank vaults and even the most glamorous folks are faking it. Synthetic jewels gleam on the wrists and fingers of stars and glitter on the evening dresses of socialites. Diamond tiaras . . . pins that burst out in firework colors . . . earrings of coral simplicity . . . strands of sky-blue turquoise . . . rubies the size of walnuts. Practically every precious and semi-precious stone can be duplicated now with such care that only your jeweler will know for sure. And maybe not even he.

Some of the newest fakes are so good that they have stumped the professionals. The newest diamond look-alike—cubic zirconia, known as CZ in the trade—cost jewelers thousands of dollars when it first appeared several years ago because they kept mistaking it for the real thing.

Other fabulous fakes are often said to look a little better than the real gems. Synthetic emeralds or rubies may have a deeper color. Ersatz pearls may se more evenly shaped. In fact, one of challenges in creating (and creativ wearing) these pieces is controlling sh off impulses. Manufacturers must m sure that man-made stones carry the perfections of nature, and you must cide whether they fit your general pearance. A cluster of jewels may l real or gaudy and cheap, depending who is wearing it, says one jewelry st manager. If your diamond is just sligh smaller than an ice cube, heads v shake, and if you're wearing a giant ru baguette—and everyone knows that y can't afford it—you won't fool anyone.

But if they're worn with taste and e gance, the stones themselves won't g you away. Unlike rhinestones, good sy thetics are set just like the genuine ge They glitter naturally without backin with the same rainbow brilliance as t Queen's jewels.

What kind of stones are available? I almost easier to say which ones aren't. convincing tigereye double still elud manufacturers, but most other sem precious stones can be duplicated. Ciro, one of the most respected jewel stores in the country, you can purcha either a $500 matinee necklace of lap lazuli and gold or a $50 imitation th looks about the same, but is a bit lighte The colors and texture of onyx, jad coral and turquoise also can be dupl cated easily—though the pieces may ch or lose their coating after much wear.

Imitation pearls are ultra-popular thes days, too, and fairly inexpensive. D pending on quality, a 30-inch stran might sell for $15 to $50, whereas th prices of cultured pearls are well into th hundreds or even thousands. The be imitations are lustrous just like rea pearls, with a shell-like surface tha catches and reflects subtle pastel colors These fakes also can wear out and los their coating, however—especially they're exposed to perspiration.

The real stars on the jewelry scene ar the sparkling copies of precious stones They are a bit more expensive, but ver durable. With the brilliance to match an diamond, cubic zirconia (at about $90 pe carat) is the newest and possibly the mos impressive of these. With tools, jeweler can distinguish it from diamonds, bu visually the two are as alike as identica twins.

Of course, this can cause some prob-lems. At Windsor Jewels, a company that sells only synthetics and fakes, a cus-tomer once replaced a lost 1.5-carat dia-mond earring with a CZ copy. When it was finished, she discovered to her great discomfort that even she couldn't tell the difference between the real diamond and the fake. The company had to put a spe-cial backing on the copy to ease her confusion.

At about half the price of CZ is YAG stone, which is a bit less *(continued)*

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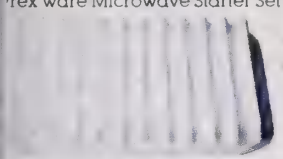
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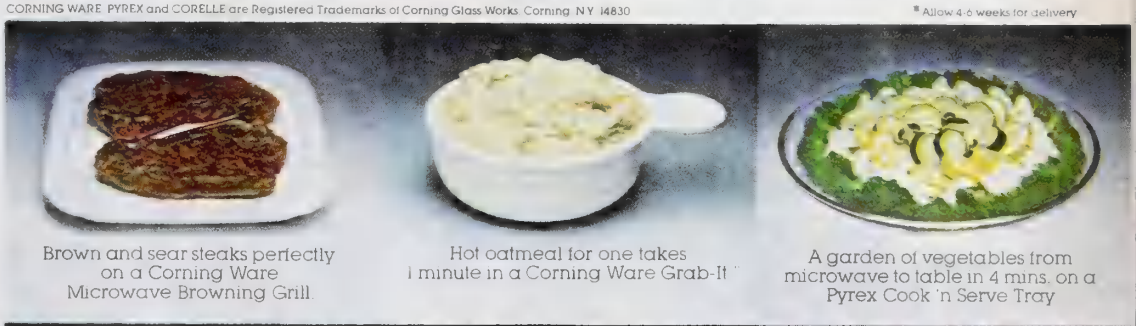


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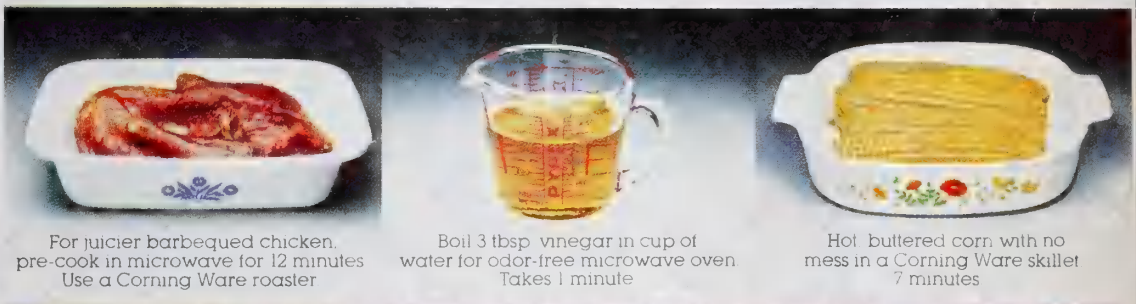
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Shrimp come out crisp, tender and beautiful in Pyrex ware Fireside bowl

Reheat a latecomer's dinner right on a Corelle livingware dinner plate

Cook an egg in 30 seconds in a Pyrex ware custard cup



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Crisp up limp potato chips in a Pyrex ware bowl. 1 minute

Melt cheese on taco chips for quick, hot hors d'oeuvres. Use Corelle livingware platter

This symbol on a Corning package means ideal for microwave

brilliant though still a very good likeness. Both these diamond substitutes are often set in 14- or 18-karat gold and fine side stones (a melée) may surround the synthetic. These pieces are a far cry from paste and cardboard costume jewelry. Even though the center stones may not be real, they are fine pieces—often designed with greater imagination and artistic freedom than when jewelers are faced with the price barrier of diamonds.

YAG stone also comes in colors and so can duplicate emeralds, rubies and sapphires—some of the most popular jewels. Or, if you have less money to spend, try synthetic spinel, which also gives an effective, but lower cost, emerald/ruby/sapphire imitation. With this material, a "ruby" ring about the size of a cherry pit sells for $100 at Ciro. A cluster of about 20 "emeralds" on a bed of "diamonds" is $175.

Remember, synthetics, as real gems, do vary a great deal. A real one-carat diamond ring of average quality might be $5,000, but a flawless one-carat diamond can go as high as $50,000. Likewise, one of the Chatham emeralds—a very high quality synthetic—sells for about $300 per carat even though synthetic spinel costs far less.

You also may find real gems that appear to be incredible bargains, but beware. A $10-per-carat emerald may be genuine, but virtually worthless if it is as cloudy and veined as egg drop soup.

Advantages of fakes

Whether you can afford real gems or not, there are clear advantages to sporting fakes. No nightmare insurance bills. No price-imposed limit to choice. No fear of jewel thieves. And you can be sure that the wealthiest and most glamorous people are wearing the synthetics, too. If you want to join this lofty crowd, consider these points:

- Remember that your fakes will depreciate and shouldn't be considered an investment like real gems.
- Buy in a reputable store; check to see whether the stones fade or chip, and find out if guarantees are given. (Some jewelers replace scratched stones at 50 percent of purchase price, and many do guarantee CZ against discoloring.)
- Know what's available. In addition to synthetics, jewelers sometimes sell gems that have been treated to appear better or bigger than they are. In an opal doublet or triplet, for example, fine stones are set onto backings or sandwiched between materials that increase their depth.

Whatever you buy, you should know exactly what it is. Sometimes CZ, touched-up gems or synthetics are sold to unsuspecting customers—so be alert! After all, fabulous fakes aren't much fun if you're the one being fooled. **End**

Going in Style

A transatlantic trip aboard the Concorde or Queen Elizabeth 2 is the ultimate Valentine, and a stylish voyage that everyone can fantasize about.

By Phyllis Funke

In the days when a voyage was really a voyage and long-distance travel entailed movement upon the face of the earth, they used to say that getting there was half the fun. Then the jet age arrived, making even the most lengthy journey routine. But for those who relish the notion of the trip itself as well as the destination, and who enjoy transport as an end in itself, there is hope.

To wit—cross the Atlantic on the supersonic Concorde and/or the largest passenger ship currently afloat, the Queen Elizabeth 2.

My Concorde adventure began well before a midday departure for London from the British Airways terminal at New York's John F. Kennedy International Airport. The absence of a line at check-in was the first indication of the trip's singularity. The second was the departure lounge. Its glass expanse opened directly onto the supersonic jet waiting, with its nose down, like a great and elegant anteater. Removed even from well-wishers, we were served croissants, canapés, juice and champagne.

Given the publicity surrounding the plane's debut, its interior held few surprises. It was, to be sure, smaller than most other commercial planes with frustratingly tiny peepholes for windows. Its two-abreast seats, however, were roomy and well-spaced. The service would prove to be swift, gracious and efficient; the meal—lobster chunks and veal, duck or venison, preceded by caviar and smoked salmon appetizers—quite fine.

Nevertheless, the craft's most singular, overwhelming attraction was a small, digital scale on the paneling in front of the cabin. This was the machmeter. For the travelers' consumption, it registered the speed at which we moved and, more than once during the trip, proved to be a magnet for all eyes.

Takeoff was effortless, the climb like an ascending roller coaster that never quite reached the top. The machmeter registered .96 and the captain announced that, though we were still subsonic, we were flying at a ground speed that was 100 mph faster than conventional jets.

Long Island glided by rapidly and then, as we whizzed beyond Nantucket, barely one half hour after takeoff, the captain spoke again. We were beginning our climb to a cruising altitude of 58,000 feet, he said, and we were beginning our acceleration to 1,340 mph, 23 miles a minute, twice the speed of sound—or mach 2. The plane gave a mild sense of acceleration, quivered a bit as it rose and gently slid through the sound barrier.

First-timers like myself were ecstatic. To verify our experience, we went on a souvenir-collecting binge: leather luggage tags, playing cards, portfolios filled with stationery, Concorde-crested slippers and a certificate attesting to our trip. Those interested were invited to the flight deck. Postcards were distributed, which British Airways volunteered to mail free of charge.

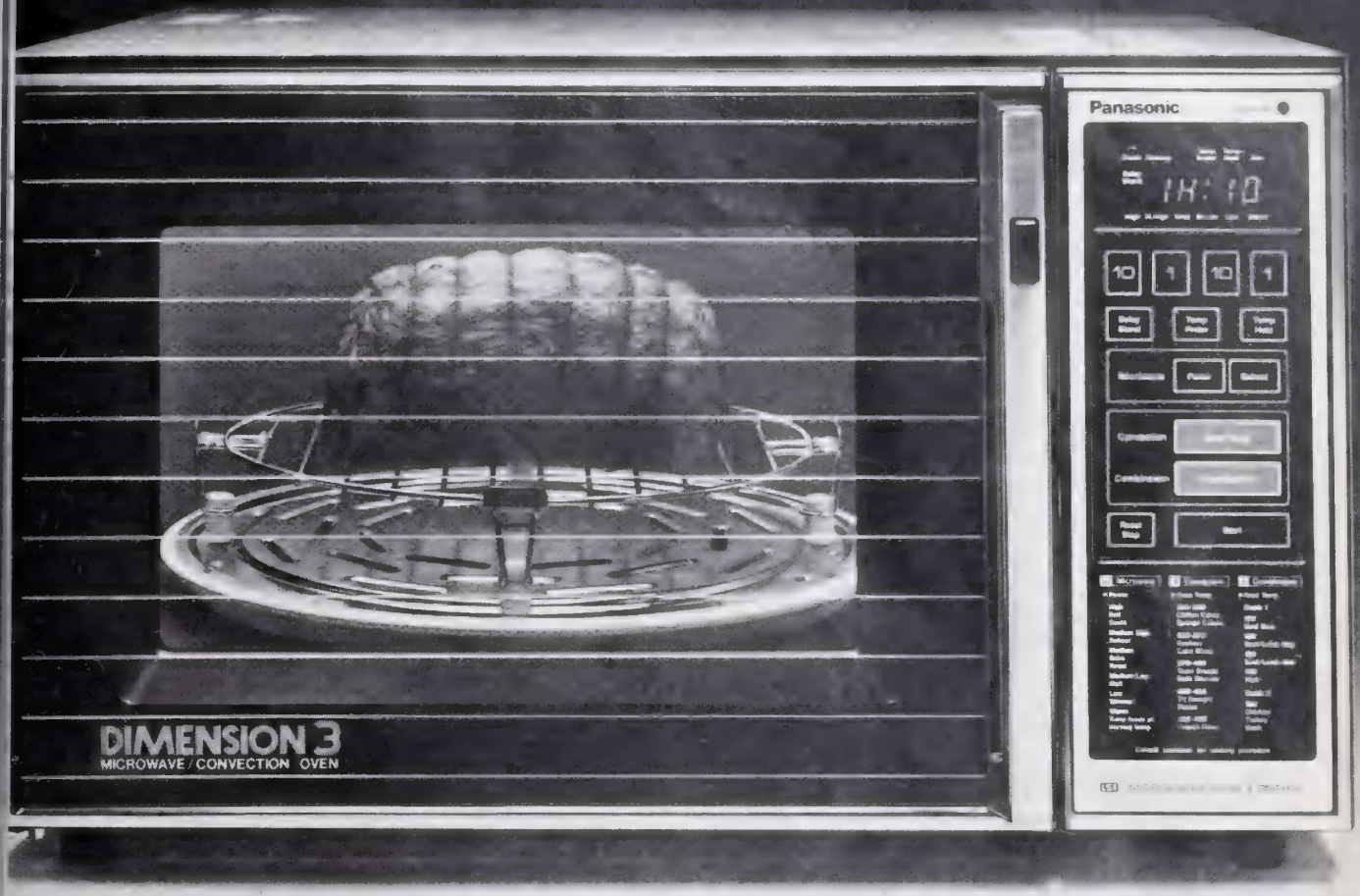
But there was barely time to write them because the descent had already begun. We seemed to be floating—down, in dreamlike fashion—until, with the sensation of falling forward, we landed.

New York was only three hours and eleven minutes behind us, midway through a sunny afternoon. But in London, it was 9 P.M., near the end of a truncated day. Time had been telescoped and the globe had shrunk to near-nothingness. A fantasy in reality—underscored by knowing that on the western flight, one arrived, according to the clock, even before one started.

If brevity was the soul of the supersonic dream-come-true, the converse was the spirit of the transatlantic ocean voyage. The passengers on Cunard's Queen Elizabeth 2 existed in suspended time. Aboard our floating island, minutes drifted into hours, and days dissolved into nights, as we rolled in rhythm with the waves.

While security concerns precluded the rollicking bon voyage parties of other days, sailing time was, nonetheless, ceremonious. A gut-rumbling blast on the ship's horn signaled departure; a host of handkerchief-wavers stood on the shore; a bevy of little excursion boats scurried along escorting this *(continued on P.S. 15)*

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GUIDING LIGHTS

Women in the Arts

They don't make headlines—they're behind them. They're not in the spotlight—they're backstage. You'll want to know these six energetic women who give us a deeper appreciation of the visual and performing arts. By Barbaralee Diamonstein

TRISH PUGH



"I come from a Victorian English family whose attitude towards the theater was that it was fine for fun, but not for a profession," says British-born Trish Pugh. But today, as the associate director of the Actors Theater of Louisville, Kentucky, Pugh's life—and career—revolve around the theater company she virtually nursed to life when she joined it in 1969.

The Louisville-based actor's group, which began as a struggling young company housed in a railroad station, today has its own building complete with prop and costume shops, its own stage and the largest subscriber audience (19,000) of any regional theater in the country. It is the home of the internationally acclaimed Festival of New American Plays and has been the originator of such Broadway hits as *The Gin Game* and *Getting Out*.

Why the success? Trish Pugh's own enthusiasm for theater and the response she has generated in the Louisville community are the main ingredients.

> "I love the theater, I love going to theater," says Pugh. "And theater's primary function is to entertain." It was simply a matter of getting everyone else to realize the same thing—which is exactly what Pugh did.

By using modern marketing techniques, "the hard sell" as Pugh explains, plus personal contact—"parties where volunteers sell the concept of theater to the community"—Pugh has helped broaden the base of people who normally make up a theater audience.

Today, 25 percent of Actors Theater subscribers have incomes of less than $15,000 and, as Associate Director Pugh observes, "there are loads of young people at every performance—all having a wonderful time."

BERENICE ABBOTT



Berenice Abbott, 82, has been taking pictures for 60 years. A major force in photography in the U.S. and in Paris, Abbott is a pioneer in a medium that has only recently gained recognition as a serious art form.

Born in Ohio in the 20s, Abbott lived in Paris, where she became an assistant to the artist Man Ray. She also met Eugène Atget, who, thanks to Abbott's preserving and publishing of his work, is now recognized as one of the world's foremost photographers. Abbott herself became famous in the field for her portraits of such literary luminaries as James Joyce, André Gide and Jean Cocteau, and for her photographic documentation of New York City.

A great teacher, as well as artist, Abbott now lives in Maine.

MARTA MORENO VEGA



"There is a fundamental difference in the way my people see the world, from the way it is seen in Western European cultures," says Marta Moreno Vega, director of El Museo Del Barrio, New York's first museum of Puerto Rican art.

"The aesthetic perceptions of the Caribbean people are permeated by a belief in supernatural powers and the forces of nature," explains Vega. "The role of the artist, then, is to interpret these phenomena for the community. This is different from the Western view of art, which sees a painting as a form of self-expression, a separate experience."

As a teacher and educator, Vega's aim is to make the art of her culture accessible to the Puerto Rican community. "The art of the Caribbean is poorly classified and very misunderstood," she says. "My job is to identify objects, place them in proper context, provide documentation and bring Caribbean art into prominence—after all, it is based on African culture and predates Western art by centuries."

LINDA CATHCART



Linda Cathcart, the 31-year-old director of the Contemporary Art Museum in Houston, does her homework—and expects her viewing public to do the same.

"Public exhibitions begin the process of art appreciation, then the viewer must do his own research," says Cathcart, former curator of a Buffalo, New York, art gallery and lecturer at New York City's Metropolitan Museum of Art.

"I'm devoted to putting art in the museum," says the young director. "And whatever the exhibit, be it a well-known artist or an unknown one, my goal is to make the work accessible and informative."

Cathcart, who feels the catalog is an essential part of a museum exhibit, explains that a painter can't be expected to direct his work to reach individuals or even make his intentions apparent. The museum, however, can give *its* reasons for exhibiting a particular artist, and give *its* understanding of the work. Then the viewer can match his response against the museum's, giving him a more intellectual framework within which to evaluate his visceral reactions.

"Understanding art is a cumulative process," observes Cathcart, who would like to spend more time writing about art than doing administrative *(continued)*

Photographs of Abbott by ICP/Margaretta Mitchell, Vega by Marco Kalisch, Cathcart by Patricia Layman Bazelon.

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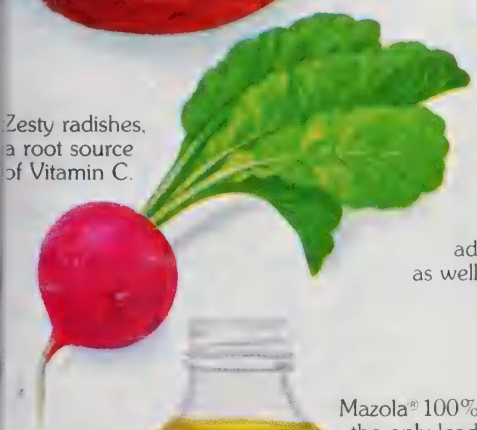






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WOMEN IN THE ARTS
continued

work in the museum. "A viewer will brin his responses to a particular painting t the next one, and hence his appreciatio becomes richer and richer."

LAURA DEAN



"By the time I wa thirty I had bee dancing professio ally for eleve years," says Laur Dean, who is th creator of the Laur Dean Dancers an Musicians. "But felt I was riding th crest of a wave, and I wanted to *be* th wave. I clarified my goals, got some dan cers together and formed my own danc company."

Today, Dean's ensemble is hailed na tionally as one of dance's most importan experimental groups. Trained in classica ballet, Dean broke out of establishe forms of dance to create her unique style Since she founded the group in 1976 Dean has been composing, choreograph ing and performing her pieces, which sh describes as "rhythmical, highly repeti tive and full of stomping, singing an spinning."

Distinguishing between her "contem porary" style and "modern" dance, Dea goes on to explain that her pieces don tell stories: "We get out and we dance and that's it."

DORIOT ANTHONY DWYER



The great grand niece of Susan B Anthony, and th first woman eve appointed a princi pal player in a na tional orchestra says, "It's a roug life being a musi cian, whether yo are a man or a woman. Period!"

But for Doriot Anthony Dwyer, princi pal flutist in the Boston Symphony Or chestra for 27 years, there *are* some perk that come with the job—like having con certos composed especially for her. In deed, her friend and major composer Walter Piston, did just that. The idea began as a joke. When pressed during a radio show to disclose his current project Piston, then not working on anything said he was writing "Doriot's Piece." Later he did.

Dwyer, who began playing the flute when she was eight years old, says if she had eight lives to live, she'd live them al as a flutist. **End**

GOING IN STYLE

continued from P.S. 10

doyenne of the seas as she eased her way out of the harbor. For those who relished it, there were comfortable, adjustable deck chairs to lounge in. Tucked beneath thick wool blankets of navy blue and red, surrounded by camaraderie, with hot bouillon served in the morning, tea in the afternoon and fresh salt air in our faces and lungs all day, we were relaxed. But for me, the most thrilling moments aboard occurred during a Force Ten gale. As the ship was whipped by the wind and 27-foot waves crashed across the decks, I truly felt I had gone to sea.

More than mere seafaring

This oneness with the elements was broken, however, by a crisp announcement. "Due to inclement weather," the voice said, "there will be no trapshooting this afternoon." Was this British tongue-in-cheek? No matter. It proved a reminder that, in the 1980s, ocean travel must offer more than mere seafaring. Indeed, perhaps to save its dinosaur from extinction, Cunard has turned a crossing on the Queen Elizabeth 2—or, familiarly, the QE2—into an all-things-for-all-people venture, with every imaginable activity.

Those wishing to avoid the sea completely found in the ship's spacious theater first-run movies or lectures by such as author Jessica Mitford and His Highness, Prince Asfa-Wossen Asserate of Ethiopia. There also were disco dancing lessons, bridge tournaments and mini-miniature golf on deck. Numbered also among the QE2's assets were a casino, shopping arcade, reading room, beauty salon, four swimming pools, six bars and assorted nightclubs.

Whether First Class or Transatlantic (formerly tourist class), we were all well-pampered. There were cocktail parties with the captain, and virtually no barriers to freedom of movement. For First Class, there were corsages in the cabins one evening, splits of champagne another. And, of course, there were the meals, with menus overflowing with options and food plentiful. For the First Class dining rooms, the kitchen stood by to handle special requests; however, one eventually learned to choose the more basic dishes—roast beef, lamb, Châteaubriand.

In the dawn of the fifth morning, the emerging silhouette of the New York skyline signaled the end of another transatlantic fantasy in reality.

Neither the crossing by Concorde nor the one on the QE2 are for the budget-conscious. The Concorde, at this writing, costs $1,392 to London, one way; the passage on the QE2 begins at $895. Cunard and British Airways offer various packages to ease the strain slightly. But, since travel on either craft is so special, it is worth saving pennies to get aboard while the going is still grand. **End**



Winter Driving



Blizzards, fog, icy roads and frozen windshields can make winter driving hazardous. But if you follow these safety tips, you'll find the dangers diminished. By Jean Calvin

When icy winter weather hits city streets and country lanes, there's no doubt that driving becomes hazardous. Still, you need to drive to work, get the children to school, make sure the shopping is done—come rain, snow or fog. And you need to do it safely. While improvements in road clearance and cars have made winter driving less of a challenge than in years past, common sense and foresight can prevent accidents and winter headaches.

Whether you live in the land of polar bears or palm trees, winter can mean sudden changes in climate, and it's important that you and your car are prepared. Of course, *how prepared* depends on how cold and miserable it gets. When the temperatures hover well below zero, for example, special precautions must be taken to keep oils and radiator fluid from freezing. The battery might have to be removed and stored inside. Or, if a power source is near your parking place, a light bulb near the oil pump and radiator can provide a little all-night heat. It also pays to keep your gas tank more than half full during the winter months, which will alleviate problems with water freezing in the gas tank.

Even in mild climates, winter is a good time for a once-a-year tune-up. Check the ignition system from battery to spark plugs to insure reliability. Change the oil if necessary and, if you live in an especially cold climate, ask for winter weight oil.

It's smart to have the fuel system cleaned out and all hoses checked, too; a small hose crack can go months without leaking in mild weather, but severe and sudden temperature changes can rip a crack wide open. As far as antifreeze, all cars manufactured in the last decade come with a permanent coolant that works well in moderate winter climates. To find out whether you need more protection, look for information tagged on the radiator cap or listed in the owner's manual of your car. Generally, the standard radiator fluid is not adequate for the zero or sub-zero climate, and you'll need to add a quart or two of pure antifreeze. And don't forget to keep the windshield washer bottle filled with some solvent as well as fresh water for the grimy windshields of winter.

About your tires—don't listen to old wives' tales about lowering the pressure. Instead of giving you better winter traction (as is fabled), that will more likely result in greater tire wear and less fuel economy. If your car is a late model, chances are it's fitted with radial ply tires that run relatively low air pressure anyway. Short of plowing your own way through the woods, the factory recommended tire pressures should serve well enough. It is important to remember, though, that all four tires should be of equal pressure. And, because they generally lose a pound of air for every ten degree drop in temperature, frequent pressure checks are really a must.

Snow tires and chains

If you anticipate a lot of snow or nasty ice on your daily rounds, snow tires or chains should be part of the normal winter equipment as well. Generally, snow tires will do nicely in most snowy conditions, but when there's a lot of ice, you may need chains. Remember, too, that chains or snow tires must go on the driving wheels—that is, the rear wheels on conventional and rear engined cars, and the front wheels on front wheel drive cars.

You may have noticed that just about everything takes longer in the winter, from waking up to getting dressed. Your car needs more time, too, so allow extra minutes in the morning schedule to get it running and to clear the windows. As frozen as your own hands may be, it's important to scrape more than just a tiny hole in your icy windshield, too. If fogging is your problem, roll the windows down when you get in. This equalizes the inside and outside temperature to some degree, and also helps to clear the window. Remember also to clean the headlights every time you buy gas, and invest in fog lights to help you see on those murky days.

Generally, avoid using the parking brake if you can, because slush accumulate in the wheels and a night freeze also can freeze the mechanical parking brake. If your car has an automatic transmission, use the parking gear ("P") to insure that it stays where you park it. (T parking gear locks the transmission an usually more efficient than the h brake, anyway.)

If your car has manual transmissi leave the car in first gear, but be sure i fully in gear, so it won't pop out and st rolling by itself. When parking on hi turn the front wheels into the curb added security.

You will probably need to make so adjustments in your own driving habi too. Here are some points to rememb

- Intersections are hazardous because reduced visibility, and it takes a grea distance—sometimes double the d tance—to stop on slippery roads.
- When you do stop, light short pum on the brake pedal can eliminate ski because the front wheels will not lo unless you jam on the brakes. If your c should go into a slide, don't panic. Tu the wheel in the direction of the ski stay off the brakes and keep your foot the gas pedal just slightly, because t car needs some forward motion straighten out. Remember, violent bra ing can be disastrous.
- When driving on the highway or oth busy road in foul weather, use a gent touch, shun abrupt movements and st alert for unusual side action. Remembe pedestrians are hard to see in dark winter clothing, and side street traffic is often obscured by snowbanks.
- Even on dry roads, watch out for patches of ice in shaded areas and on bridges.
- In case you ever get stuck, carry som handy items from home in your car. Ol window screens, cardboard carton sides scraps of carpeting, even newspapers ca be stuffed under the driving wheels t get in motion again. Remember to g easy on the gas on ice or snow, start i second gear if you can and feed powe gently to the wheels. Caution and a ligh touch on the controls will probably solv your problem for this and most othe potential winter mishaps. **End**

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THE JET SET WORLD OF THE PAMPERED PET

She may be finicky or frisky but from time to time, that proud feline, that adorable pup, deserves to be spoiled. After all, she's your most loyal and lovable companion.

By Leslie Savan

As Charlotte strutted down the avenue, the wolf whistles began. It was to be expected. She was utterly chic in the latest boots, a T-shirt reading "rich bitch," dark sunglasses and a daring animalistic scent called Four Paws. She had gotten the works at the salon—manicure, protein conditioner, blow-dry styling, and makeup for those telltale circles under her eyes.

She felt great. Her beau had promised to pick up her Louis Vuitton bag and her insured mink coat for her weekend in the country. There, in her carpeted, color-coordinated suite, she'd have her customary toasted English (hold the marmalade) for brunch and a juicy, rare fillet, if she so desired, for dinner. Her astrologer had told her that now was a good time to "mellow out," and she would do just that.

For all her glamour, it's hard to believe that Charlotte is a pet dog. In this case, a fictional pet, but the fashions and the services *are* absolutely real and available to any pet owner willing to pay the *très cher* prices.

And many do. These days people pamper their pooches and coddle their cats with $675 million worth of *non*-food products a year. That amount is expected to double by the end of the decade.

Only a puppy-sized portion is spent on the real "fringe" functions—pet psychologists, astrologers, computer dating services, IQ tests, insurance and funerals (up to $2,000 per). By far, most non-food pet spending goes toward boarding, grooming, clothing and accessories. But these aren't what they used to be, either.

The trend in luxury pet accommodations began in the late 1960s at Aranwood in Mahwah, New Jersey. To its hilly, lush woods came the elite animals of the world, among them large and lonely Ringo K. "He still comes every weekend in the summer," says an employee, "because his parents go yachting and he always jumps off the boat."

People book their pets into Aranwood months in advance. They stay in anything from "efficiencies" for $10.50 a day to "family suites" for $23.50. All rooms



are carpeted wall-to-wall and color-coordinated with matching foam mattresses. Each "client" has a large, private, outdoor run, and gets a daily frolic in a one-acre wooded lot. Check-out grooming and an all-you-can-eat service are also included in the price.

Some meal requests are a little strange. One Husky's menu instructions read: "Vegetables (not mushy). Small amount vanilla ice cream before P.M. meal." Another dog—a vegetarian—required a special blend of celery, carrots, coconut oil and nuts. Aranwood normally follows these requests, says manager Penny Bonsole-Platoff, "because there are fewer adjustment problems if you give them what they're used to."

Cats don't lead dogs' lives, either. At Connie's Kitty Castle in Los Angeles, a royal theme dominates. There are queen and king-sized beds, a castle wall, and a palace garden. For $3.50 a day, cats also get continual background music—and rooms to match their coats. "You wouldn't put a red cat in a pink room," explains owner Connie Cezon.

For grooming dogs you can, of course, do it yourself with an occasional bath and a twice-a-week brush. But the urge for the works is understandable. Dog groomers are solidly booked for their one-to-three-hour, $15 to $75 (depending on breed) sessions. The basic grooming includes a brush-out, trim, shampoo, rinse, blow dry, ear cleaning, nail clipping and sometimes polishing.

Then the niceties come in. Terri Kaufman of Terri's Dog House in New York City has surprised her people clients with color photos of their dogs in Santa outfits. She also makes house calls, as she did for the late Joan Crawford's Shih Tzu, Princess, every Thursday at 10:30.

For most dogs the "natural look" is back. "It's just like with hairdressers," says Eileen Bongiovanni, co-owner of New York City's Sophisticated Dog Boutique. "They don't tease women's hair anymore, either." Bongiovanni uses only herbal, protein or baby shampoo on clients, two of whom have belonged to Senator Jacob Javits' wife, Marion, and Barbara Walters.

The vast array of pet toiletries makes the call of the wild sound more like a "Meet you at eightish." At Manhattan's Canine Style—where the dogs of Lee Razdiwill, Margaret Trudeau, Happy Rockefeller and Marisa Berenson have been groomed and boutiqued—dog deodorant, hair sprays and cosmetic cover-ups for under-the-eye bags are sold.

At Pass Pets, a pet store chain in five Midwest states, St. Louis-based owner Jerry Pass says kitty litter and flea powder are only two of the more than 4,000 items they sell. "They also have nail polishes, colognes, doggy sunglasses and T-shirts.

Both cats and dogs might enjoy traveling in a chic carrying case by Louis Vuitton ($300 and up), but those leashes and collars by Gucci are meant only for poochie. As are the Shriner hats ($7.95), pajamas, boots and frilly panties with matching Scarlett O'Hara hats sold by Noah's Ark in Oklahoma City.

For the ultimate in dog toggery, Karen's in New York City sells sequinned dresses ($30), gold quilted coats ($30) and handmade, denim appliqué jackets.

Despite the expense and fuss over pet poshery, it is not all frivolous, insists Virginia Beach of Seattle's Lizettas Originals. "Some say that dog clothes are silly. But dogs do shiver," she says, "especially urban dogs kept in overheated apartments until their walk." Beach, who sells thousands of coats a year, has it all, including London Fog-like trench coats and black velvet/rayon plaid, reversible tuxedos. **End**

Illustration by Kit Douglas



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Because 'fresh' means tender, tasty meals to your cat every time.



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Fanciful Valentines

When you put your heart into Valentine's Day, there are thousands of ways to say "I love you"—from a romantic rainy day picnic to a thrilling balloon ride for two. By David Nimmons



Red Riding Hood Picnics

You've been planning the special outing all week. At last, Saturday's here, the car's packed, the children are off to the sitter, the picnic hamper is all loaded and ready to go—and it's pouring rain. Should you forget it?

"Nonsense!" says San Francisco's Klaus Lange. "That's just what I like to see. Do you know how romantic a cozy picnic in the rain can be? Sitting under a canopy, listening to the rain pattering down, reading love poetry to each other over mulled wine . . . just the two of you and, well, maybe a string quartet."

Is the man mad, or is this merely fantasy? Probably a little of both, except that, as owner of San Francisco's Red Riding Hood Picnics, Klaus has been making just such fantasy picnics come true for scores of hopeless romantics in California and elsewhere.

"When most people think of picnics, they think of kids and ants, hot dogs and roasted marshmallows. That's not it at all. A fine picnic should appeal to all the senses."

Enter Red Riding Hood. These picnics come packed in Edwardian wicker hampers and include lace table runners, long-stemmed roses in vases, flatware, candles and even a book of the Bard's sonnets.

The menu is equally romantic: Pheasant pâté, cream of artichoke soup, homemade sourdough brown bread, poached trout, plum cake and lemon mousse are among the 50-plus items available. Each picnic is tailored to accommodate any diet or taste wishes, from low-salt to *cuisine minceur*. All include wine or champagne, and have turned up on beaches, rooftops, in a winery, in bed, in hospital rooms, on sailboats and in a horse-drawn buggy.

"Just last month a man ordered a wonderful one for his girlfriend's birthday. When she arrived at his apartment, he greeted her in his tuxedo. In front of the fire they enjoyed chilled champagne, roasted partridge and asparagus vinaigrette. And, of course, we provided a harpist while they dined." Of course.

Attention to detail is Klaus's pride. Take, for instance, the foxhunt picnic: "There we had horses, you know, and croquet and an English horn. The food was exquisite and very formal. The only problem," he says with a frown, "was that everybody didn't have red jackets."

Then there's the housewarming picnic with a candlelight dinner of fresh salmon and Devonshire strawberries to help you forget the barrels, crates and frustrations of moving day. "Just the thing to set the right mood of romance in the new homestead," Klaus purrs, sipping from a snifter of cognac and giving just a wee little hint of the wolf behind this Red Riding Hood's basket.

For this picnic visionary, the possibilities are endless. "I'd love to do an around-the-world-in-80-picnics. We could have a chauffeur-driven limousine at every stop, helicopter them onto, say, a mountaintop in Switzerland, provide musicians if they want. The two of them would enjoy the finest in food and wine with nothing around but raw nature." Whether formal or intimate, each Red Riding Hood Picnic is unique, sensual and romantic. Picnics begin at $40, and most run in the $50 to $65 range, though the string quartet versions cost closer to $1,000 and Klaus will arrange the round-the-world variety for 15 percent over cost. Although most satisfied clients are in California, Klaus can arrange local delivery elsewhere, too. You can contact him at: Red Riding Hood Picnics, 885 Bush Street, San Francisco, CA 94108, tel.: (415) 776-4555.

Rent-A-Witch

If a picnic won't provide all the magic you need, try calling Ms. Barbara Janus. Barbara, you see, is a witch—a good witch to be sure—as are the 12 other witches belonging to her New Jersey based Rent-A-Witch service. "We practice only white magic. It has nothing to do with any bad energy. Instead, we try to help the spiritual development of people. We stay away from curses or anything sensational. That's bad for people and it's bad for business."

Business, in this case, means making witches available to work their magic at parties, banquets, weddings and receptions. For $250 (that buys one witch for four hours), the creative hostess can transform her affair from the sublime to the enchanting.

"Hosts like to offer this as a service to their guests," says Barbara. The witches, who arrive in the flowing cape, black hat and broomstick uniform of the trade, offer tarot card and crystal ball consultations, as well as psychic and astrological readings, divinations and spiritual cleansings. "Using our powers we can help absorb negative spiritual energy and change people's aura from gray to white. This makes them feel and act better."

The idea began when Barbara, then a practicing psychic, got a call from—where else?—California, asking whether she knew where to procure the services of a portable witch. She didn't, but the call gave her an idea. "Besides," she explains, "Uranus out of Scorpio was on me at that time, so I thought it would be a good thing to go ahead." Thus Rent-A-Witch was born and Barbara set about gathering a dozen or so other witches, male and female. All of them are carefully screened and selected by Barbara to make sure they are genuine—that is, they have strong psychic powers which they focus in a positive way.

"Some people ask us for spells, or to get things for them. We try to stay away from that. But we see nothing wrong in helping them tap into their own spiritual energies and showing them how they can get what they want."

Some of these hired witches have materialized in surprising places. Although she won't name names, Barbara confided that she has been consulted by a sheik and by several large corporation executives, who were interested in what the crystal ball could reveal *(continued)*



The creep-up.



The bag.

Lycra®. For panties that won't creep up. Or bag.

Lycra* spandex adds luxurious comfort and fit to panties —helps eliminate wrinkling, pulling and binding. Panties with "Lycra" respond gently to your every movement. So you feel freer, look better. Available in brief, hipster and bikini styles, cotton and nylon blends. At fine stores everywhere.

LYCRA® SPANDEX

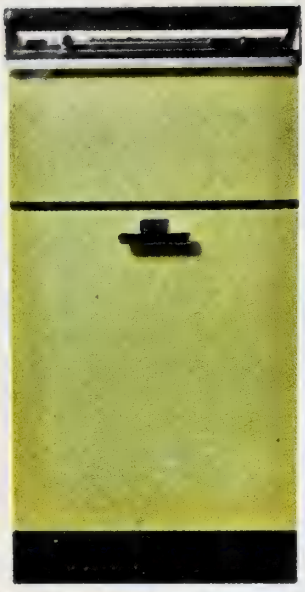
The fitting end in panties.

DU PONT

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*Du Pont registered trademark
Du Pont makes fibers,
not fabrics or fashions.

The KitchenAid Trash Compactor.



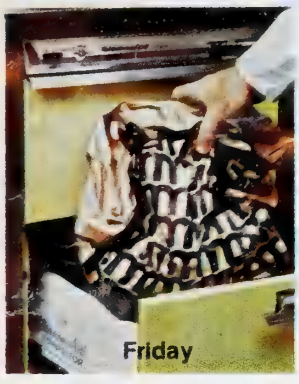
















You'll wonder how you ever got along without it.

Spend a week with the KitchenAid trash compactor, and you'll wonder how you ever got along without it.

It squeezes a week's trash into one small load. Does away with overflowing wastebaskets and smelly trash cans.

The KitchenAid compactor has an exclusive Litter Bin® door on top that's super convenient for quick throwaways. And a big trash drawer down below for wastebasket loads. Its exclusive Tilt-Away basket can be used with or without trash bags. And the exclusive activated charcoal filter removes odors.

A KitchenAid trash compactor has the same kind of built-in reliability and performance as KitchenAid dishwashers. Plus convenience features that'll prove their worth many times a day. To learn more, see your KitchenAid dealer or write for our free point-by-point comparison.

We built our reputation on performance, not promises.

KitchenAid.® Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

about any prospective business trends.

Although Rent-A-Witch has offices in New Jersey, tel.: (201) 721-0430, and New York, tel.: (212) 349-1956, they have conjured up clients in 14 states, and members will travel where they are needed, as long as the client pays expenses. And yes, they go by plane.

Gliding and ballooning

For those who prefer to do the flying themselves, another intimate party can be enjoyed by taking off—literally. These days, the most popular ways to do this are gliding and ballooning.

Gliding or soaring is flight, pure and silent. Having no engine, glider planes are towed aloft and let go to drift to earth, floating on wind currents and updrafts. This gentle sport is becoming a popular way to celebrate birthdays, anniversaries or just sunny Saturdays. With nothing but the wind to distract you (the pilot is up front), this is truly like "floating in a great silent bird," as one woman described it.

Soaring is quite safe when you go with one of the registered clubs or commercial soaring centers whose pilots are licensed to carry passengers. These clubs exist nationwide, and are expanding as fast as the sport. The length of the flight varies with local conditions, but it usually lasts between 15 and 25 minutes. Prices range from $20 to $40. For more information, check the local Yellow Pages under "soaring" or contact the Soaring Society of America, P.O. Box 66071, Los Angeles, CA 90066, tel.: (213) 390-4449, for the name of the soaring center in your area.

The other way to get into the wild blue yonder is by balloon. This excursion also favors the voyage over the destination as most flights stay within a 20-mile radius. Balloons stay aloft longer than gliders—up to one and a half hours *(continued)*

BARTER

By Beatrice Meyer

You bring me small birds
In a cage of sun
And spin dusk dreams
When the daylight is done.
You bring me berries—
Summer-kissed sweet,
Iced with spun sugar,
Bursting—to eat.
You bring me cool ivy
And baskets of phlox,
Gentle wood squirrels
And crystal-veined rocks.

I give you back smiles,
Kisses salty with sea,
Trust, counsel, respect,
And I give you back me.



Cure|81® Golden Praline Ham

Golden Praline Ham
1-16 oz. jar apricot-pineapple preserves
½ cup brown sugar
Pecan halves and maraschino cherries for garnish.

Combine apricot-pineapple preserves with brown sugar and heat in saucepan, stirring well. Spread mixture over Cure/81 Ham for last half hour of baking. When ham is finished, garnish with alternating diagonal rows of pecan halves and cherry halves.

Cure|81® Ham.
Dependability worth paying for.

Hormel America's first name for ham.

FANCIFUL VALENTINES

continued

—and are proportionately more expensive ($150 to $175 for the average trip).

You'll find the experience unique, the basket very stable and the feeling almost one of weightlessness. With so little sensation of movement, first-timers often don't believe they're really flying until they take in the spectacular 360-degree view. Many gondolas can hold up to four people and the pilot, and some companies even offer champagne flights.

As with soaring, it's best to find a club or balloon center whose pilots are FAA-licensed to take passengers. Centers can be located by contacting: Public Relations Chairperson, Balloon Federation of America, P.O. Box 433, Liberty, MO 64068, tel.: (816) 781-7159, or in the local Yellow Pages.

Even if you're in a more down-to-earth mood, balloons can be a colorful, festive and unusual way to celebrate. Ballooning—the practice of sending a bouquet of helium-filled balloons instead of flowers—started in Washington, D.C., and is now popular nationwide. Prices vary in different cities, but are around $26 for two dozen balloons. Look in your telephone book to see whether there is a Balloon Bouquet in your city or call the Washington office, tel.: (202) 785-1290.

Singing telegrams

Another way to slide a smile into someone's day remains the gift of song. Ever since Rudy Vallee received the first singing telegram on July 28, 1933, these lyrical love-letters have taken their place on the American shelf next to turkeys and cornflakes. Today, hundreds are delivered each week, many of them by Music Box, Inc. of New York.

Created seven years ago, the group will deliver your musical regards in two ways. Over-the-phone performances are available worldwide for $20 (plus the price of the call). With a few informative tidbits about the intended recipient, the staff will write, orchestrate, perform and record an individual message and then phone it to whomever you want.

Their forte, however, is live performance. For about $35, Music Box will take to the street to deliver your message through one of their 75 couriers located in 25 major cities nationwide. All the couriers are professional actors, actresses and singers, chosen by audition. Repertoires include pop, jazz and classical styles, and even a bit of tap dancing, soft-shoe and juggling thrown in.

The receiver of a Music Box greeting will be in good company: Mayor Ed Koch of New York, Liv Ullmann, Walter Cronkite, Leonard Bernstein and Beverly Sills have all been serenaded. If you want to add someone to that list, contact Music Box, Inc., 130 Jane Street, New York, NY 10014, tel.: (212) 620-7970. **End**

POETRY CORNER

AN ANXIOUS PERSON'S PRAYER

By Paul Geres

Lord, it's hard never to know a moment's peace. Not to be able to do one thing which isn't destroyed by worry.

And not to be able to do anything about it. "You must pull yourself together . . ." I've been told that a hundred times. If I only could . . .

For want of something better, Lord, I now give you my fears and my worries.

The letters I rewrite three times because something is always missing.

The intense fear of a telephone call when anyone leaves on a trip.

The gas valve which I check and recheck and the front door which I make sure is locked several times every night.

The fear that every time I have a headache it might be something serious.

The worries of each day which I mull over and over again as soon as I have turned off the light.

Lord, help me at least to do whatever I can to get out of this depressing world of mine.

Protect me from these shadows, which are a hundred times more frightening than the real thing itself.

I need courage, Lord. To resist the insidious need to do the same thing over and over again when I know it was well done the first time. To resist consulting the medical dictionary every time I get a headache.

I need your help, Lord. To gain my freedom from one day to the other. To conquer, no matter how small the victories, my nightmares.

Lord, in my night, I need to hear you say: "It is I; do not be afraid" (John 6:20).

PRAYER AFTER A FAMILY BREAKUP

By Paul Geres

Lord, why must I relive all this aga tonight? The family I no longer have, o battles and our final breakup. It's ancie history.

It's been so long since we broke up. Since I l never to come back again.

The desire to live together again is dead no dead at both ends. The chasm is too wide j any goodwill to bridge it.

When you leave one another after an arg ment, after a violent scene, there is still so hope. But when we left one another, there h been no argument. What good was arguin Love was dead. Together we had put an end its drawn out agony. The agony of twen years, the result of our incurable stupidit Twenty years of small wounds which passed unnoticed. Misunderstandings which thought were unimportant but were of dead importance to love.

Lord, it's too late. We're too far from ea other now. And the habit has taken root, t sad habit of never seeing one another again.

An attempt at reconciliation would only ma us relive our suffering. You cannot undo wh has once been done; it was before it happen that we should have been more thoughtfu When there was still time to love.

There are instances, Lord, and you kno that, when love demands silence.

We must wait patiently until you set thin right, no doubt beyond this world. He everything is estranged even though we forgi one another. One ought never to hate. There so little time to love.

Help all of us, Lord, not to confuse resigna tion with indifference. To have the courage carry the burden of our regret that we nev loved enough.

Copyright © 1976 by Fortress Press. From the book PRAYERS FOR IMPOSSIBLE DAYS, by Paul Geres, translated by Ingalill H. Hjelm, published by Fortress Press.



Make-a-Menagerie

Put a smile on a child's face—create a zoo full of playmates that say "hug me." Clockwise, from left: • Turn two pompons into a dove with felt wings. • Sew a unicorn with a golden horn. • Fashion a black sheep, fleece with "yo-yos." • Crochet a penguin family, easy from a mail-for kit. Coupon and all how-to's, page 38.

By Ann B. Bradley, Crafts Editor

Ladies' Home Journal needle & craft

otograph by Lizzie Himmel

Animals designed by Lee Lindeman (dove); Sally Rohlicek (unicorn); Andrea Shedletsky (sheep).

For Dry Chapped Lips



Blistex ointment in the tube and Blistik lip balm with PABA sunscreen protection–two medicated, soothing ways to get prompt relief from dry, chapped lips. Blistex is the recommended product for cold sores (herpes), fever blisters and sunburned lips.

The medicated lip specialist

Blistex Inc , Oak Brook IL 60521

Make-a-Menagerie

continued

DOVE

With white worsted weight yarn, follow directions with Susan Bates Pom Pom Maker (#10460) to make 1" pompon for head and 2" pompon for body. Tack together. Cut wings, tail and beak from white felt. Glue in place (see picture page 37). Sew on beads for eyes and cord to hang.

UNICORN

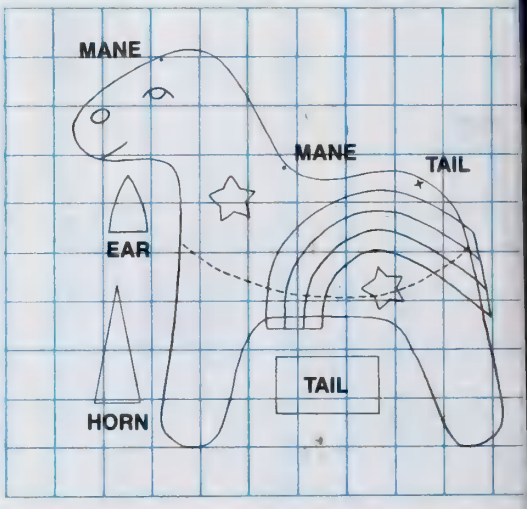
Enlarge designs on this page. Cut unicorn from firm white fabric. Cut rainbows from pastel satin fabric and stars from metallic fabric. Appliqué rainbows by hand or machine to sides of unicorn. Follow photograph on page 37 to appliqué stars. Cut 8" lengths of white yarn for mane. Place centers of yarn lengths close together in rows, over stitching line on one body piece, between dots. Sew. Turn end of tail up ½". Cut 3" lengths of yarn and attach to end. T tail in half lengthwise and sew closed by hand. S Pin to body at X. With right sides together, sew b pieces together with mane folded away from stitch leaving small opening at underside. Clip curves, and stuff firmly. Sew opening. Cut 4 ear pieces, and attach to head. Cut horn from gold met fabric. Seam long side. Turn and stuff. Attach head. With matching thread, wrap horn at inter for grooves. With satin stitch embroider eyes blue floss, mouth with red. Attach white yarn bea

SHEEP

Enlarge designs on this page. Cut 2 body sides fr black moire and 1 each nose and under legs fr black velvet. With right sides together, pin 1 edg under leg to 1 body piece matching letters at fr and back. Stitch. Repeat for other edge. In same w pin and stitch nose first to one side then to oth Stitch around remaining body pieces leaving a sm opening. Clip curves, turn and stuff. Sew openi From 3 different types of off-white fabric cut a tota 100 circles 3" in diameter. Turn in outside edge and gather. Tack circles to lamb at random to fo wool. Sew on 2 jet buttons for eyes. E

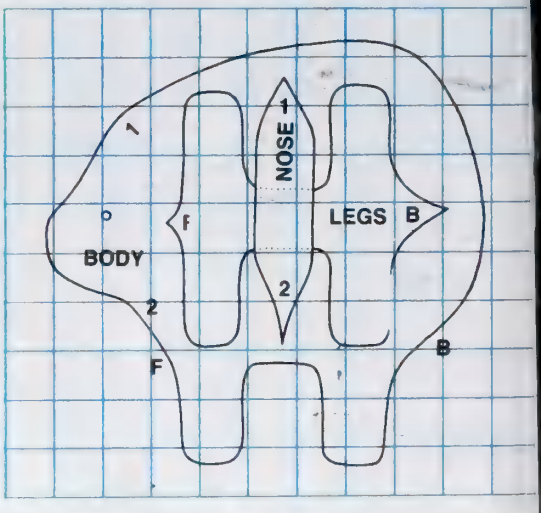
UNICORN

1 square = 2 inches



SHEEP

3 squares = 4 inches



CROCHET PENGUINS TOY KIT
pictured on page 37

Kit includes acrylic yarns, instructions for three penguins. To order, please send check or money order for $9.95 plus $2 postage and handling for each kit, and mail to:

The Charter Guild, Dept. 218
1419 West Fifth Street, Wilton, Iowa 52778

Please rush me ____ #8207 Penguin Kit(s) @ $9.95 plus $2 postage & handling $_____
Sales tax (New York & Iowa) $_____
Total enclosed ☐check ☐money order $_____

Print Name _____
Address _____
City _____ State _____ Zip _____



A 20-MINUTE CALL ANYWHERE IN THE COUNTRY WILL COST ME ONLY $3.33? WHAT'S THE CATCH?"

No catch. No hidden costs. You can telephone visit with out-of-state family and friends for 20 minutes for $3.33, or less. That includes tax.

Just be sure to dial direct when rates are lowest. That's any time Saturday and Sunday till 5; or, if you prefer, any night after 11 till 8 in the morning.

Twenty minutes is just an example. And $3.33 is for the maximum distance, so many of your calls could cost less.

The chart below gives you many more city to city prices.

Have a nice visit.

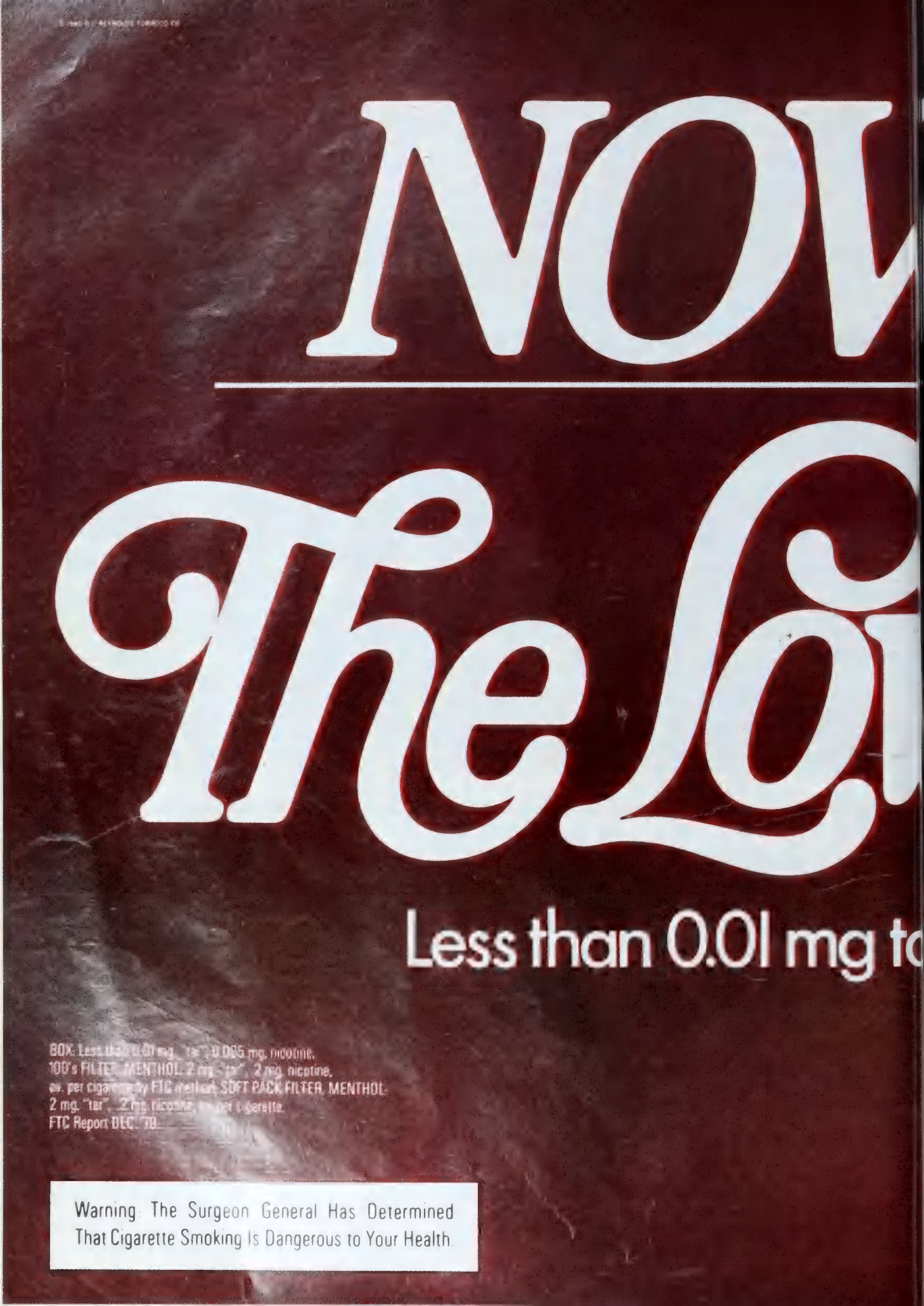
Bell System

Reach out and touch someone.

Rate Chart

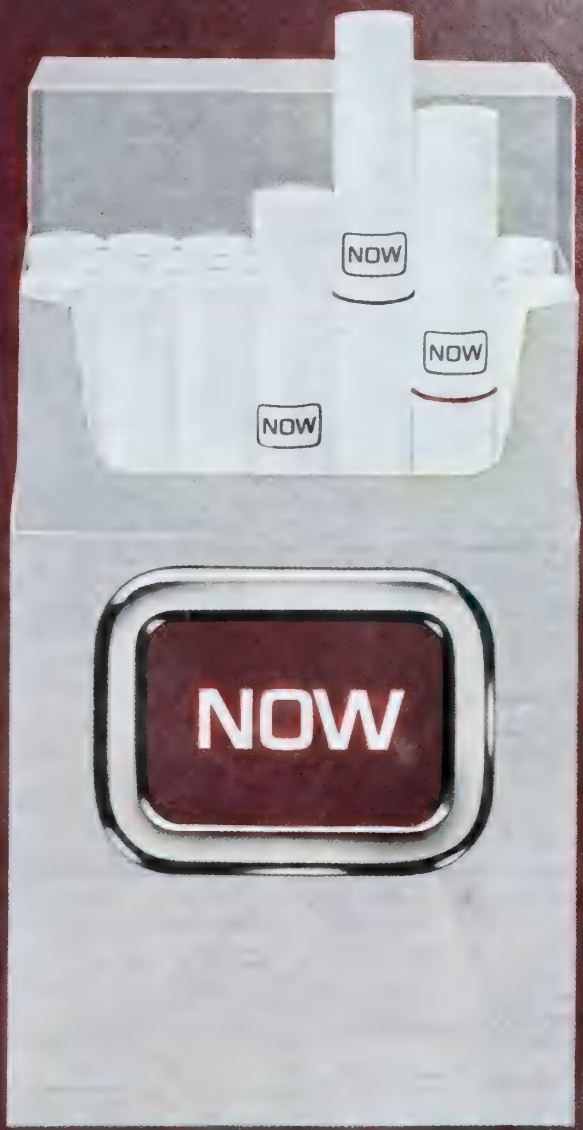
All prices are for 20 minute out-of-state calls dialed direct, without operator assistance, any time Saturday, Sunday 'til 5 p.m., or any night after 11 p.m. 'til 8 a.m. Rates do not apply to Alaska and Hawaii. To find the rate between two cities, trace down the vertical column of one city to its intersection with the horizontal column of the other city, as illustrated.

	ATLANTA	BOSTON	CHICAGO	CLEVELAND	DALLAS	DENVER	DETROIT	INDIANAPOLIS	MEMPHIS	MILWAUKEE	NEWARK	NEW HAVEN	NEW YORK	OMAHA	PHILADELPHIA	SAN FRANCISCO	SEATTLE
ATLANTA		3 00	3 00	2 99	3 16	3 00	3 16	3 16	3 16	3 16	3 16	3 00	3 00	3 16	3 00	3 33	3 00
BOSTON	3 00		3 00	3 00	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 00	3 00	3 16	3 00	3 33	3 00
CHICAGO	3 00	3 00		3 00	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 00	3 00	3 16	3 00	3 33	3 00
CLEVELAND	2 99	3 00	3 00		3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 00	3 00	3 16	3 00	3 33	3 00
DALLAS	3 16	3 16	3 16	3 16		3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 33	3 16
DENVER	3 00	3 16	3 16	3 16	3 16		3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 33	3 16
DETROIT	3 16	3 16	3 16	3 16	3 16	3 16		3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 33	3 16
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MEMPHIS	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16		3 16	3 16	3 16	3 16	3 16	3 16	3 33	3 16
MILWAUKEE	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16		3 16	3 16	3 16	3 16	3 16	3 33	3 16
NEWARK	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16		3 16	3 16	3 16	3 16	3 33	3 16
NEW HAVEN	3 00	3 00	3 00	3 00	3 16	3 16	3 16	3 16	3 16	3 16	3 16		3 00	3 16	3 00	3 33	3 00
NEW YORK	3 00	3 00	3 00	3 00	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 00		3 16	3 00	3 33	3 00
OMAHA	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16		3 16	3 33	3 16
PHILADELPHIA	3 00	3 00	3 00	3 00	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 00	3 00	3 16		3 33	3 00
SAN FRANCISCO	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33		3 33
SEATTLE	3 00	3 33	3 16	3 33	3 33	3 33	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 33	3 16	3 33	


NOW
The Lo
Less than 0.01 mg ta
BOX: Less than 0.01 mg. "tar" 0.005 mg. nicotine.
100's FILTER, MENTHOL: 2 mg. "tar", 2 mg. nicotine.
av. per cigarette by FTC method. SOFT PACK FILTER, MENTHOL:
2 mg. "tar", 2 mg. nicotine, av. per cigarette.
FTC Report DEC. '78.
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

/

est



Box

Now–"closest to tar-free"™

Also available:
Soft Pack 85's
and 100's



Regular or Menthol

You and Your Money

Feeling the money squeeze? Taxes are a major culprit, says our financial expert. And escalating food costs, which in part result from consumer-demanded frills.

By Sylvia Porter

What's the difference between a "bearer" security and a "registered" security—in plain English, please?
A "bearer" security is a security on which the owner's name is not registered with the issuer, and thus, in some fundamental ways, it is equivalent to cash in the possession of the person who holds the bond (the bearer).

A "registered" security is, as the word implies, registered in the name of the owner with either the issuer of the bond or the issuer's agent. The owner is mailed a check when interest is due and the bond can be transferred only by endorsement of the certificate.

Obviously, registered securities are safer than bearer securities, because if you buy registered bonds or notes, your name and taxpayer number are recorded.

Lately at lunch, I've noticed women in our office cafeteria ordering what is the equivalent of dinner meals: meat, vegetables, potatoes, big salads, soups, the works. They say they have figured out they save close to $1,000 a year on meals by using their inexpensive company cafeterias for their main weekday meals. Does this make sense?
It certainly does. In some European countries, company feeding of employees has become more than a service; it is a way of life. It well may be that the little-regarded factory cafeteria will become the most frequented away-from-home eating establishment in America, with all the savings that this trend implies.

We've seen a used car that appears to be in great condition and is priced very cheaply. The only drawback my husband noticed was that it has been heavily painted and he's worried about why. Does a lot of paint mean anything?
Yes. An unusual amount of paint could indicate extensive repainting to cover up the fact that the car has been in a major accident.

While I was fully prepared (I thought) to pay much higher taxes this year, I didn't expect this bad a squeeze. Are you getting other letters like mine?
You *are* in the worst squeeze of your entire life—and yes, my mail on this subject is getting heavier by the day. It won't make you feel any better, but every dollar you're now earning and will earn between January 1 and early May 1981 will go just to pay your various taxes. Federal, state and local.

Taxes are now the biggest single item in your family budget, dwarfing what you pay for food and drink, transportation, clothing, your house and household operations, etc.



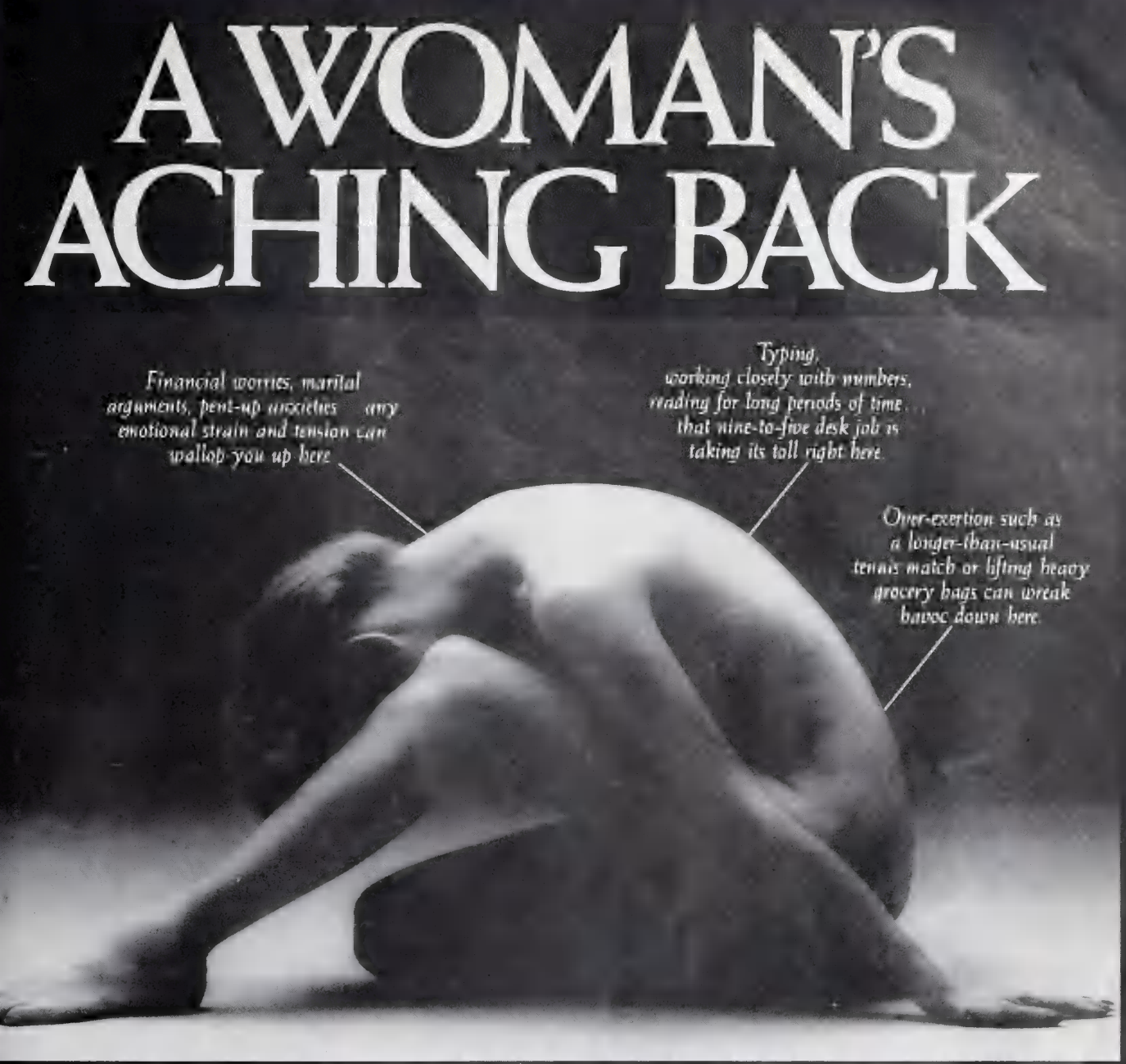
My friends and I are wondering if there is anything to talk about profiteering by middlemen in food—the processors, packagers, truckers, retailers—and whether it contributes to the way food prices are soaring now.
There is little or no evidence of profiteering by middlemen. Consider, rather, how food prices have been pushed up by shortages of cattle, the aftereffects of the 1980 drought, the worldwide upsurge in prices of basic commodities such as sugar. Consider, too, the fact that as a nation of two-paycheck families we demand the built-in service that comes with precooked foods, prechopped or prefrozen vegetables, breads ready to pop into the oven, fruit juices that need only be poured from a container or mixed with water. For this built-in service, we must pay, and we show all the signs of being willing to pay.

We demand, too, the convenience of food stores that are open late in the evenings, all day Sundays, ready to meet our requirements. We welcome special store services, ranging from carry-out service to check cashing; special sections for "diet" foods; other special sections for "gourmet" foods; counters for already cooked meals we may simply take home and serve.

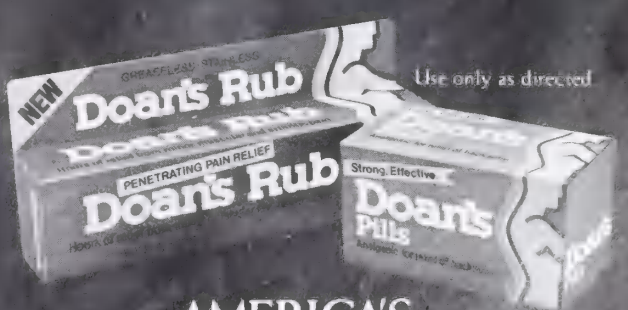
And with the return of the trading stamp just around the corner, our cry for the cheapest-cheapest seems peculiarly muted in a period of double-digit inflation. What's more, worldwide demand for our food production cannot help but keep up the pressure on our commodity and finished food prices.

My neighbor and I both deal with the same local bank and although we are not close friends, I do know that we're in the same income group and have generally the same responsibilities. The only big difference is our religious affiliations. When we both (by coincidence) applied for home improvement loans recently, the terms he was offered were much more favorable than mine. What are the best ways to deal with this, without hurting my neighbor?
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MARIE OSMOND

Still Saying "No!"

With astonishing candor, a grown-up Marie explains her broken engagement, and her resolve to abstain from drugs, sex and other Hollywood temptations.
By Cliff Jahr

Spying her caller through the peephole, she swings open the door. "Hiya," says Marie Osmond. "I'll be ready in two seconds," tossing it off in a way that dampens any fanfare.

We are bound for dinner downstairs in a Miami marina hotel. Tonight will be the first of two long candelight evenings with America's sweetheart.

The engaging feminine half of the old *Donny and Marie* show has gone solo and is promoting *Marie*, her new NBC music-variety show. She turned 21 last October, which makes her by far the youngest person ever to host a prime-time hour. But after 18 years in show business and more doting on her than the world gave Cher and Shirley Temple combined, she can handle the job, one feels, without her brother.

Yet, as Marie toys with her before-dinner orange juice, she expresses a sense of timidity. "I'm basically an insecure person," she says in her tiniest voice, "and I get very scared. I get dang frustrated. With my teeth, I really don't think I'm very pretty, and when guys tell me I am, I have to say, 'Get out of here, you're just full of it.' People don't know the long hours I put in to look the way I look."

Everything about Marie's hip, casual air is disarming. She's in blue jeans, coolie wedgies and a little-nothing blouse appliquéd red-on-red. (In addition to black and white, red's her best color.) Waif-thin at 95 pounds, and long-legged at five feet five inches, she turns heads as she walks into the restaurant.

"A lot of girls envy me for my figure. Do you know how har-r-rd I have to work at that, or on my skin or my voice? People can't wait to find fault. They'll say, 'Ah-*hah*, she's fatter!' Or, 'See, I knew they weren't her nails!' Or, 'Look at *that*, she's got *lipstick* on her teeth!'

"Do you know what it's like to stand next to Raquel Welch, Jaclyn Smith and all those women? They're beautiful. I'm just as insecure about that as Susie So-and-so down the street and so are they. I've had women walk on the show and say, 'I don't want to stand near you, you're so thin.' Every woman is insecure in this business. Some stars drink to forget it. I know a few I won't mention who turned witchy because they needed to feel important."

Instead of doing *Marie* at the Osmonds' *(continued)*

MARIE OSMOND
continued

own $3.5 million studio in Utah, the show is being taped in Los Angeles ("Fred Silverman wants control"), which prompted Marie to rent herself a three-bedroom bachelorette condominium in nearby Taluca Lake. That would make the first Osmond defection from the family nest, or so it appeared. Her apartment, however, is just an extension of the family's network of houses, duplexes, ranches and cabins across the country where all the family are welcome to hang their hats. Since she doesn't want to be alone anyway ("It's not safe for a single girl in my situation") and seldom uses Taluca Lake, Marie still prefers the warmth and security of her "big, wonderful room" at the family's home base, a mountainside house in Provo, Utah.

Marie was three when the whole Osmond phenomenon took off. It was in 1962, when Marie and her five adolescent brothers were tried out as a one-shot novelty on the Andy Williams television show. They so delighted audiences that they stayed on for many years.

By 1970 their gold records were rolling in and the Osmond tribe was a well-oiled organization, headed by father George, a former real estate salesman, and his wife, Olive. Donny and Marie got into the act, mostly as grinning background, until in their early teens they both stepped forward to record their own hit singles.

Now, going their separate ways, Mari relates how brother and sister came t the decision: "Donny and I sat down an said, 'Hey, it's not going to work lik this,'" recalls Marie, easing back onto leather swivel chair. (Donny is now 2 married and a father.) "We are differen now. We are suppressing each other as brother and sister team."

The lone sister to eight brothers, Mari underwent a transformation from age to 13 when she trimmed 35 pounds fro her 5'2", 138 pound frame. She vividl recalls the day on tour when she spotte boys noticing her and gazed into a mirro to find that her button nose was taking o character ("a nice little point was form ing"). Starting that night she dined o water and a hamburger patty, no bun.

Such adolescent resolve foretold th way her young adult character woul form with a drive for self-improvemen that is Olympian. She exercises daily, in cluding 50 bent-knee situps at bedtim reads, writes, rehearses, designs, needle points, skates and sticks to a very carefu diet that is low on salt, sugar, milk prod ucts and meats, a diet that can have he on certain fruits like papaya for days.

Avoids drugs and alcohol

She has a policy of detachment towar the drug culture everywhere around he She herself avoids drugs, alcohol, ciga rettes, the caffeine in coffee and cola (though not chocolate) and even certai pain-killers. "The dentist gave me ga once," she says. "I cried and bit, but i wasn't the pain, I just couldn't stand no to have control of myself." For a fas energy lift she takes honey.

In social situations, when people sit ting next to her smoked pot or sniffe cocaine, she took no part, "although, she adds, "I don't put anybody down fo it. I just don't need it."

If that situation came up in her Taluc Lake apartment (which she doubts) Marie would not interfere. "I'm not goin to say 'stop that,'" she says. "You know it's none of my business. I know peopl have come to our home in Provo and the go outside to smoke pot. We understood their situation, and they understood ours."

If Marie saw a friend taking hard drugs, however, she would strongly ob ject. "I'd say, 'you're killing yourself and love you too much.'" She sadly report that despite her efforts to help, a friend o hers recently died of a heroin overdose.

As with every child star who has grown up in the glare of publicity and flirted with romance, every seismic blip o Marie's heart is breathlessly reported t an eager public, an overwrought situation that requires many "just-friends" denials. From TV's Dirk Benedict to rock's Andy Gibb, Marie has had her share of boy friends. But matters turned serious in May 1979 with the announcement she would marry Jeff Crayton, a 24-year-old Mormon musician-turned- *(continued)*



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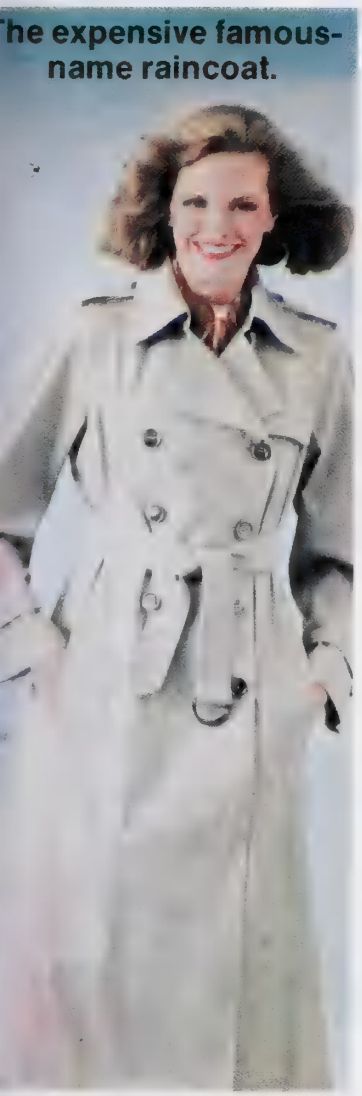
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actor. It was serious for two months anyway until the d
ment was "mutually called off."

The only gray cloud to drift across Marie's blue skies
test of her grown-up character, the split created a small
tion. Spokesmen brushed it off and said both parti
doubts but would stay friends. Rumors flew that the Os
had stepped in, especially her brothers. As a bitter C
later put it for the tabloids, the Osmond brothers were
of their family business if little sister should marry."

Marie has nothing but scorn for the reports. ("The
business! We're all secure until the day we die.") She ha
a public silence and is bewildered by her ex-fiancé's rem
told Jeff three or four times that night," she insists, "the
has nothing to do with it. Please believe me, sweetheart
"Jeff was not expecting it, which hurt me the most. I
love you a lot but it won't work because we're too differe

Conflicting careers

The main difference was conflicting careers. Marie ha
planned to retire after marrying, but she now has doubts
that. In any case, she faced a showdown on the question
her fiancé insisted she give up her career to help his.

"Jeff wanted me to be a wife and mother . . . full time.
Marie, dryly, "to be supportive of his career and not min
needed more than I was willing to give. When I saw tha
self-self-me-me attitude, it was shocking.

"The only thing my family ever said was I would ha
work one more year after I got married to finish up co
commitments, then it didn't matter anymore. I'd say, 'Bu
please, just one more year.' Then it dawned on me th
shouldn't tell me what I must do. I learned a lot abou
when he had the power to tell me, 'I will be your husban
this is the way it's going to be.'"

Marie frowns. "Well, I will be your *wife* and *this* is the
will be," she remembers thinking. "And you see, it would
ended like that, broken hearts, shattered children and I
have tried to make it work. But I will never try *that* ha
make me less of a person. You can kill love really quick b
understanding that I need to be me and do what I enjoy
But Jeff's a terrific guy and he's got a great deal to
somebody else.

"There's a time to be young and a time to be married,
adds wistfully. "I enjoy being single and not worrying
somebody else and kids and so on."

If Marie has had a change of heart about retiring
marriage, she now looks rather differently on her well-k
plans to wed a Mormon while in her early twenties. "I
plan to marry for at least ten years. Or at least a good *eig*
don't know, it could be twenty. And I certainly hope and e
I will someday marry in the temple but it would depend.
dated a lot of great guys in and out of the church.

"Also," Marie adds, cautioning with a finger, "his *work* h
fascinate me and vice versa. I want to avoid a marriage w
he comes home and I say, 'The kids were disgusting—how
your day?' And he says, 'I talked to the same old clients.'
we are both thinking, 'Oh my word, you're so boring.'

"We should be interested in each other's work and he sh
be successful. He could even be in the same field, li
producer—but not the same career as mine. See, I'm ma
more money and I could *crush* him. That was one o
problems with Jeff and me. He was the struggling actor.
the actress that never struggled."

Meanwhile, when time permits, Marie is back to dating.
prefers men aged 25 to 35: bankers, lawyers, directors,
ducers, men who are relatively unintimidated by her stard
She still sometimes goes out with less experienced co
men. "I enjoy making them relax," she says with a sly s
"I'll come out with my shoes off and say, 'Oh, gosh, *(contin*

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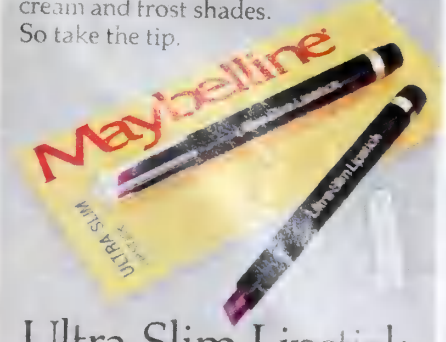
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MARIE OSMOND

continued

you're early—ready in two seconds.' And he's immediately saying to himself, 'Oh, she's normal.' Then, I don't know if you've noticed, but I talk a lot. I don't sit there and expect them to make conversation. That's bull. They know about my family and what I do, so I find out about them and they can talk about things they know. If he's still really nervous, we'll go to a movie and pick it apart."

Because of her bouncy manner and clingy clothes, Marie has taken a good deal of kidding about her opposition to sex before marriage. "People make such a big deal about sex," she laughs. "They dwell so much on why Marie won't go to bed with somebody, and they think I'm a little weird because I haven't yet. Like I'm missing a big thing not having an affair once in a while. Well, I'm not going to miss anything. I'm just waiting for the right man to marry."

With all the handsome guys she dates, does she ever find herself in tempting situtations? "I'm human, I'm human," she says, "I mean, sure, I could tell you some stories—I kiss a lot of guys and I have been in love with many. I've been around. I've been in situations where guys have tried and I've said no. To be perfectly honest, most of the time the guy has been the first one to say he's sorry. 'I respect you too much' or 'I'd hate myself the rest of my life' or whatever.

"I have just as many passions as any other woman," she adds. "I'm not different that way. But when it's right, it will be right. I cannot start at the intimate part of a relationship and go backwards, then worry the rest of my life about if he respected me. I was born alone, I live alone, I'm going to die alone—and I have to respect me. I'm a square lady, okay?"

Some of Marie's audience see contradiction in her religious sense of modesty and the slinky clothes she likes to wear on and off screen. And, as with the way Marie has long been tutored to protect herself in interviews, she must also balance carefully how sexy her clothes will be. Her instruction to designers is: no sleeveless, no plunge, no bare.

"It's more sensual," says Marie, "to leave something to the imagination. I have nice legs, I'm told, but I never wear 'up to here or down to there.' I listen to my brothers a lot because they are more intrigued by a young lady whose clothes show a little respect for herself."

If Marie gets her wish and doesn't marry for a good many years, but continues her busy life, how would she feel as a 40-year-old virgin?

"People change, but truths don't," she says flatly. "Sex has got to mean something to me, not just to go out and do it because everybody's doing it. How can I share my most intimate feelings wi man if I don't think he's right?"

You throw a nice block.

"Everything I do, I do well."

But is there anything wrong in havi sublime intimacy with a man you a but are not married to? "I can't an that," she replies with hesitation. "I c really know. I would have to say no course, I can't tell you how I will ha every situation. I can't say, 'Yes, I give up my career at age so-and-so, cause I will have three children.' I d yet know the man I'll be married to he may be a producer, love my work want me to continue."

While Marie is aware that she is hu and therefore fallible, she is firm in resolve that intimacy before marr means "building backwards."

"When I commit to my husband going to be *him*. And I'm going to everything I can in my power—and hc fully he will try just as hard.

"Of course I've been propositione she sighs. "I've been in situations ev girl in show business faces, from p ducers trying to get on to you, to dir tors wanting to 'know you better,' . . . . But I've never had to fight fo part with another girl who would go bed with the director for it, becaus have so-called 'made it.' I'm establisl and I don't have to struggle, which i great blessing, because I would quit fore I would do that.

"I'm not naive. You can't be wh you're in this business. I became naive at age ten. I know a lot about t old world. I've been offered dope a drugs and everything you have, I'm su There's nothing I don't know about. In way sometimes I wish I were a little m naive than I am, but I'm not. But I kn about things I don't want anything to with and I don't think that makes me goody-two-shoes."

Surprising maturity

For someone so young, Marie sho surprising maturity. Unlike many you stars, she has thought past her youth in the future—and realizes that fame ephemeral. "Some day, if people hate m face, if they can't stand my voice and I old and ugly, I know that I will never be witchy woman. I'll have a husband an children who love me because those a the things that last. I often wished I w normal, just a kid who went to school.

"But what's normal?" she says. "If were normal, could I live in Californ and work in New York? Could I shop London and visit Paris and circle th world six times? Could I have my ow television show and meet heads of state Marie throws her head back and laughs.

"Who wants to be normal? I have nev had so much fun. You want to know m philosophy? Don't reach for the tree reach for the stars. You can always reac the trees."

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1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese
½ cup PARKAY Margarine
1½ cups flour
¼ cup sugar
1 teaspoon grated lemon rind

* * *

Combine softened cream cheese and margarine, mixing until well blended. Add flour, sugar and rind; mix well. Form into ball; chill thoroughly. On lightly floured surface, roll ¼ cup dough to ⅛-inch thickness.

Cut with assorted 1-inch cookie cutters. Sprinkle with sugar. Bake at 375°, 8 to 10 minutes or until edges are very lightly browned. Spread two thirds remaining dough onto bottom of 9-inch springform pan. Bake at 375° 25 minutes. Press remaining dough around sides of pan.

3 8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese
1 cup sugar
2 tablespoons flour
1 tablespoon lemon juice
2 teaspoons grated lemon rind
4 eggs

* * *

Combine softened cream cheese, sugar, flour, lemon juice and rind, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Pour over crust. Bake at 300°, 1 hour and 15 minutes. Loosen cake from rim of pan; cool before removing rim of pan.

1 21-oz. can cherry pie filling

Spoon pie filling over cheesecake; top with cut outs.



Blueberry Glaze:
Combine ⅓ cup sugar and 1 tablespoon cornstarch in saucepan; stir in ⅓ cup water. ¼ cup mashed blueberries and 1 tablespoon lemon juice. Cook until clear and thickened, stirring occasionally. Strain; cool. Stir in 2 cups blueberries. Spoon over cheesecake; chill.



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Coconut Streusel Topping:
Combine 1 cup toasted coconut, ¼ cup packed brown sugar, ¼ cup toasted slivered almonds; toss with 2 tablespoons melted PARKAY Margarine, press gently onto cheesecake.



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Even the best mother-daughter relationships can run into trouble. How do you ease tensions when the going gets rough? Here are some thoughtful insights from LHJ's expert to help resolve three typical crises. By Theodore Isaac Rubin, M.D.

Mothers and Daughters Who Can't Get Along

Since I've been divorced I've been having problems with my 16-year-old daughter. She's sulky, uncooperative and barely talks to me. Of course I understand that she misses her father. I haven't entirely adjusted to his absence either. But it's been a year, and I think she should be further along by now. Instead she seems increasingly troubled. Surely she must know I love her. What more can I do?

Don't for a minute take for granted that your daughter knows you love her. Tell her! When a parent leaves home, children often feel personally rejected and somehow responsible for the breakup. It makes them feel unlovable. It's not at all surprising, then, that your daughter's angry. She's angry at herself. She's angry at her father for abandoning her. And she's angry at you for depriving her of a two-parent home.

Don't expect too much too soon from her. Children simply don't adjust to divorce overnight—or even in a year. Having a father leave home is especially hard on teen-age girls. They are at a vulnerable stage and full of self-doubt about their attractiveness to the opposite sex. So no matter how mixed your feelings are toward your ex-husband, don't let them disrupt his relationship with your daughter. It's vital that she be able to see him regularly and know he's still a part of her life.

Your daughter also needs reassurances about her relationship with you. She's testing and provoking you now to make certain that, even at her worst, you still love her. Take the time to discuss your feelings openly and compassionately with her—and encourage her to share hers. Caring talks will reassure her of your love as you both adapt to the difficult process of divorce.

My mother and I used to be close. For years my friends envied our intimacy. But suddenly we're arguing all the time. It seems I can't do anything right in her eyes. Now retired, she was always a successful professional and encouraged me to succeed too. Now she's downgrading my career just as it's taking off. Why are we fighting so? Is it coincidence that it's happening now?

It's no coincidence that suddenly there's friction between you and your mother. The reasons are complex. For one, your mother is obviously having trouble seeing you as a separate person. Like many mothers, she's made you into an idealized version of herself—and then feels compelled to compete with you. Her critical snipes are an indication she is resentful of your professional success and also feels threatened by it. After all, the higher up the ladder you go, the less control she has over you as a mother. And your achievements are a painful reminder that her own career days are over.

I think you're also responsible for some of the tension between you and your mother. Undoubtedly you're finding it hard to cut the umbilical cord. As much as you enjoy your upward career climb, you're frightened by the fact that your mother's no longer leading the way. As a daughter you're caught between your need to let go and your lingering dependency. This conflict is undoubtedly making you irritable.

Be sensitive to the fact that your mother is going through a painful period of adjustment herself. She feels less needed as you zoom ahead on your own. Instead of fighting with her, why not give her the support she needs? There are times in life when roles reverse and daughters have to mother their own mothers.

My mother, a recent widow, is only in her late 50s. But lately she's started acting like an old woman. She complains constantly about her health, worries needlessly about money and never seems to have any fun. Now she wants to move in with me, my husband and our three kids. I want to be a good daughter. But our house isn't that big and my husband says we need our privacy. If I say no, am I being selfish?

Absolutely not! Self-sacrifice in this case would be destructive to all concerned. Given the symptoms you describe, it sounds as though your mother may well be clinically depressed. She seems wrapped up in her own needs and unresponsive to yours. As such she would be a very demanding member of your household. Her presence would most likely add pressures to your marriage and reduce the time you have for your children.

Your mother clearly needs sympathy and attention, but allowing her to take refuge in your home won't solve her real problems.

You and your husband can, with loving support, help your mother build a life of her own. For a start, try to keep her from cutting herself off entirely from the outside world. Urge her to stay in touch with her friends and to join in community activities. Regular physical exercise can also improve her mental outlook. And make sure she has a thorough physical checkup to alleviate her concerns—and yours—regarding her health. If her low spirits persist, the help of a skilled psychotherapist is advisable. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. His most recent book is "Reconciliations: Inner Peace in an Age of Anxiety" (The Viking Press). If you have questions you would like Dr. Rubin to answer in this column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.



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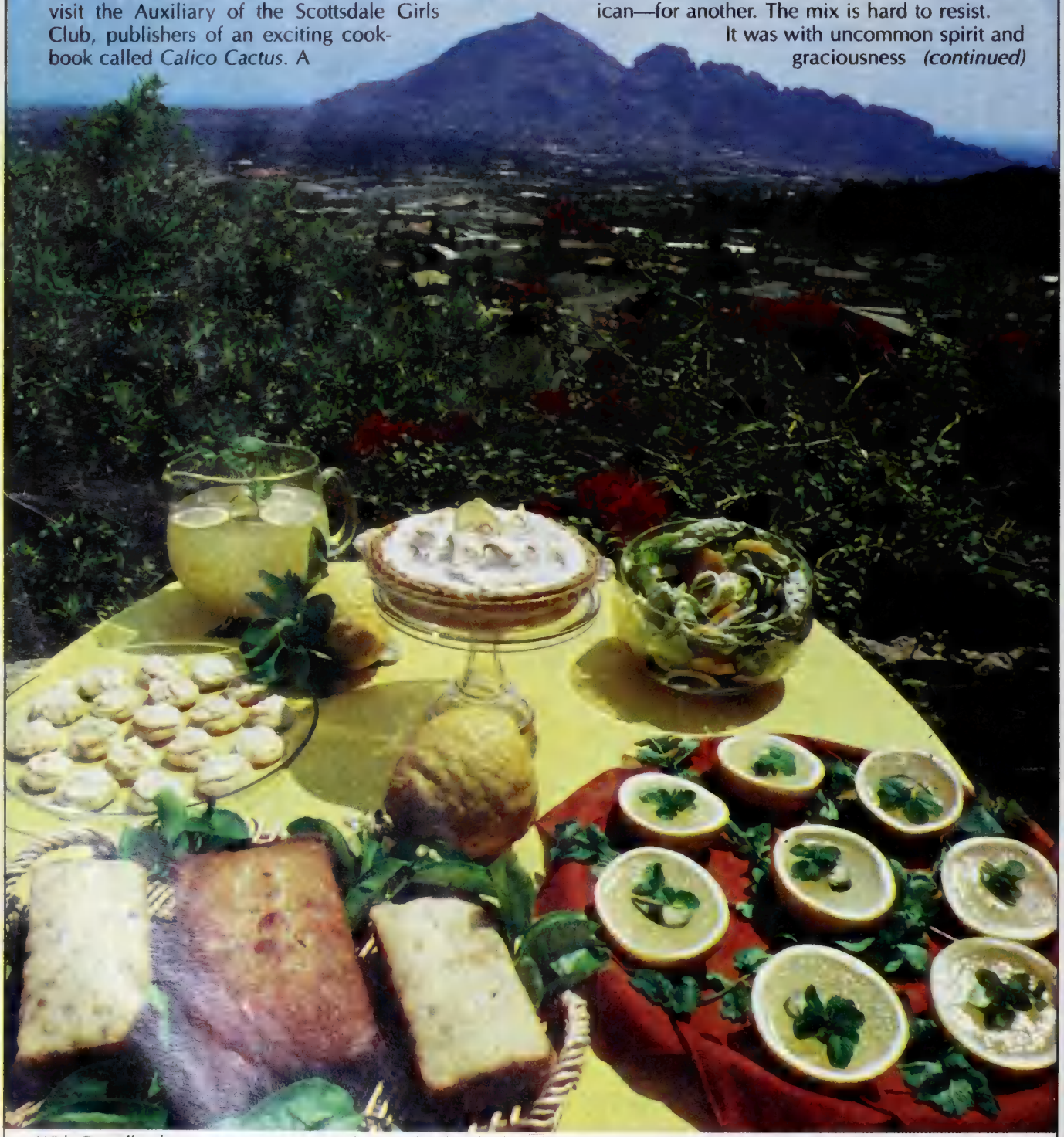
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GREAT FOODS UNDER THE SUN

A special sampling of regional recipes from sun-drenched Scottsdale, Arizona.

Watching light and shadows play on Camelback Mountain (below) is popular sport for locals as well as visitors in Scottsdale, Arizona. And so is talk about good food, as we found on a recent trip to visit the Auxiliary of the Scottsdale Girls Club, publishers of an exciting cookbook called *Calico Cactus*. A collection of 524 recipes, *Cactus* draws on the many specialties of this sun-lover's paradise: the various citrus fruits, for one, and the traditional food heritage of the Southwest—both Indian and Mexican—for another. The mix is hard to resist.

It was with uncommon spirit and graciousness *(continued)*



With Camelback as a prospect, assorted citrus foods, clockwise from left: Lemon Bread, Orange Drop Cookies, Clubhouse Lemonade, Lime Tree Pie, Salad Valencia and Grapefruit Olé. Also shown, two Arizona-sized lemons.

Photographs by Ken Regan/Camera 5



"Switching to Hershey's Cocoa made my devil's food cake richer and more chocolatey."

Betty K. Johnson, Oak Park, Ill.



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And do try this delicious chocolate cake recipe.

Mrs. Johnson's Chocolate Cake

¼ cup butter
2 cups sugar
1 teaspoon vanilla
2 eggs
4 squares (4 ounces) unsweetened baking chocolate
1¾ cups unsifted all-purpose flour
¾ teaspoon baking powder
¾ teaspoon baking soda
⅛ teaspoon salt
1¾ cups milk

12 tbsp. (¾ cup) Hershey's Cocoa + 4 tbsp. (¼ cup) shortening

Generously grease and flour two 9-inch or three 8-inch round cake pans. Cream butter, shortening, sugar and vanilla until fluffy; blend in eggs.

Combine cocoa, flour, baking powder, baking soda and salt in bowl; add alternately with milk to batter. Blend well. Pour into prepared pans; bake at 350° for 30 to 35 minutes for 9-inch pans and 35 to 40 minutes for 8-inch pans, or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pans.



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that *Journal* editors were given a sampling of foods from *Calico Cactus*—mostly from the chapter aptly titled "Arizona Lifestyle." Citrus recipes were probably the most impressive, especially after we'd ogled the giant-sized lemons, locally grown of course, often right in group members' backyards. All the foods would have been just as good eaten anywhere in the country, but looking out over the local glorious desert landscape somehow added its own flavor. Lime Tree Pie, for instance, with both fresh lime juice and peel, piled high with meringue; melt-in-your-mouth Orange Drop Cookies; or the extraordinary cooling taste of Grapefruit Olé—scooped-out halves, refilled with jellied grapefruit and lemon juice and tequila or sherry. All just a sampling of the creative recipes from the book.



Long-time favorites with us—and we know with readers—are foods with a Mexican origin, and the women of Scottsdale played to the gallery on this count. Colorful and delicious all. Chalupa (pronounced "cha-LOO-pa") brings the flavor of the Southwest without too much heat and makes what we think is a terrific company dish. Dried pinto beans and pork loin all cooked to a fall-apart stew, served with those classic go-withs of cheese (we were given three kinds), onions, tomatoes, cucumber, avocado, sour cream and hot sauce. Everyone makes their own combination, so everyone is happy. In a lighter vein is the Guacamole Salad Bowl—salad fixings plus tuna and corn chips, served with an avocado dressing . . . a variation on a familiar theme we found delightful.

Appetizers formed still another category of imaginative recipes with an Arizona flavor. Chili Cheese Cubes, for instance, are an easy, custardy finger food we especially liked (eggs, flour, Monterey Jack and cottage cheese laced with green chilies). Or when did you last taste Broiled Dates (a new one to us)? One of the simplest—dates marinated in brown sugar and spices, then wrapped in bacon and quickly broiled—a recipe everyone will ask for.

Proceeds from book sales go to the Scottsdale Girls Club, founded in 1960 as one of the Girls Clubs of America. In two clubhouses, the group serves over 1,500 local girls in programs both after school and on weekends in fitness, homemaking, crafts and such cultural activities as art and theater. Club donations also go toward scholarships. One of the leading volunteer efforts we've seen.

To sample *Calico Cactus* recipes, turn the page. For information to order a complete copy, see page 62.—JOHN STEVENS

Above: Cocktails in the cactus garden with women of the Scottsdale Girls Club Auxiliary. From left: Ilona Shorb, Peggy Dickinson, Jackie Books, Joann Bergquist, Lucy Couleur. Below: Chalupa at left, surrounded by its accompaniments; center, a tray of assorted appetizers—Chili Cheese Cubes, Broiled Dates and Artichoke Canapés; at right, Guacamole Salad Bowl—salad fixings with an avocado dressing.



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GF GENERAL FOODS

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Peachy Orange Ring

1 can (16 oz.) sliced cling peaches, drained
2 packages (3 oz. each) or 1 package (6 oz.) JELL-O® Brand Orange Flavor Gelatin
2 cups boiling water
1½ cups cold water or ginger ale
½ cup chopped celery
¼ cup chopped pecans

Set aside 7 peach slices; dice remaining peaches. Dissolve gelatin in boiling water. Add cold water. Measure 1¼ cups and pour into 6-cup fluted tube pan. Chill until set but not firm. Chill remaining gelatin until thickened. Arrange the peach slices on set gelatin in pan, pressing down gently almost to bottom of pan; chill. Add diced peaches, celery and nuts to thickened gelatin. Spoon into pan. Chill until firm, about 4 hours. Unmold. Garnish as desired. Makes about 5½ cups or 10 servings.

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RICH,

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Preheat oven to 375°F. Grease 2 cookie sheets; set aside. In large bowl with mixer at medium speed, cream shortening, sugar and egg; continue beating until light and fluffy, scraping sides of bowl occasionally. Add orange juice and peel. Combine flour, baking powder, baking soda and salt; add to mixture and continue mixing *just* until combined. Drop batter by rounded teaspoonfuls onto cookie sheets about 2 inches apart. Bake 10 to 12 minutes. Cool on wire racks, then frost. Makes about 3 dozen, about 105 calories each.

Frosting: In small bowl combine frosting ingredients until of spreading consistency.—*Carol Torrey*

LIME TREE PIE
pictured on page 56

3 egg yolks
2¼ cups sweetened condensed milk (about 2 cans)
¾ cup plus 2 tablespoons fresh lime juice
4 teaspoons grated lime peel
1 baked 10-inch pie shell
Meringue
3 egg whites
1 teaspoon fresh lime juice
6 tablespoons sugar

In medium bowl beat egg yolks until thick and light lemon in color. Blend in condensed milk with whisk. Gradually add lime juice and peel, blending well. (The mixture is thin at first, but it will thicken with the addition of the lime juice.) Spoon into cooled baked pie shell. Set aside while preparing meringue.

Meringue: Preheat oven to 350°F. In small bowl with mixer at high speed, beat egg whites until frothy. Add lime juice and beat until peaks begin to hold their shape. Add sugar, 1 tablespoon at a time, and beat until mixture forms stiff, glossy peaks and sugar is dissolved. Place mounds of meringue atop filling near crust. Spread so it touches inner edge of crust all around. (This will prevent meringue from shrinking.) Heap rest of meringue into the center and work it out to the border. Make peaks in meringue with back of spoon. Bake *(continued)*

UNDER THE SUN
continued

LEMON BREAD
pictured on page 56

1½ cups sifted all-purpose flour
1 cup sugar
1 teaspoon double-acting baking powder
1 teaspoon salt
Grated peel of 1 lemon
½ cup chopped walnuts
½ cup milk
⅓ cup butter, melted
2 eggs, beaten
Topping
Juice of 1 lemon
¼ cup sugar

Preheat oven to 350° F. Grease a 9x5-inch loaf pan; set aside. In large bowl combine dry ingredients. Add milk, butter and eggs and stir just until well mixed. Pour into prepared pan. Bake 45 to 50 minutes (bake 2 small loaves 30 to 40 minutes). Remove from oven and place on wire rack; combine topping ingredients and pour over bread while hot. Cool bread in pan. Makes 1 loaf of eighteen ½-inch slices, about 145 calories each.—*Emily Kimball*

ORANGE DROP COOKIES
pictured on page 56

⅔ cup shortening
¾ cup sugar
1 egg
½ cup orange juice
2 tablespoons grated orange peel
2 cups all-purpose flour
½ teaspoon double-acting baking powder
½ teaspoon baking soda
½ teaspoon salt
Frosting
2½ tablespoons butter or margarine
1½ tablespoons orange juice
2 tablespoons grated orange peel
1½ cups confectioners' sugar

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UNDER THE SUN

continued

12 to 15 minutes until meringue is slightly browned. Cool, then chill about 4 hours to set filling. Makes 8 servings, about 495 calories each.—*Lucy Couleur*

CLUBHOUSE LEMONADE
pictured on page 56

1 cup fresh lemon juice (about 6 lemons)
¾ cup sugar or to taste
4 cups cold water
1 lemon, unpeeled and thinly sliced
Ice cubes

In large pitcher combine lemon juice and sugar. Stir to dissolve sugar. Add remaining ingredients. Blend well. Makes about 6 cups, about 105 calories per cup.—*The Committee*

SALADE VALENCIA
pictured on page 56

2 large oranges
1 large white onion, thinly sliced
⅓ cup olive oil
3 tablespoons red wine vinegar (tarragon)
¼ teaspoon salt
6 to 8 cups salad greens (butter lettuce and watercress preferred)
¼ cup sliced, pimiento-stuffed olives (optional)
1 avocado, cubed (optional)

Cut fine slivers of orange peel from 1 orange. Place in salad bowl. Peel oranges so no white membrane remains; cut into sections and chop. Add to salad bowl. Then add onion, olive oil, vinegar and salt. Marinate 30 minutes to 2 hours. Just before serving, add greens, olives and avocado and toss gently. Makes 4 to 6 servings, about 340 calories per 4, 225 calories per 6.—*Ilona Shorb*

GRAPEFRUIT OLÉ
pictured on page 56

5 or 6 grapefruit
3 envelopes unflavored gelatin
Water
1 cup sugar
3 tablespoons fresh lemon juice
½ cup tequila or dry sherry
¼ teaspoon salt
Avocado slices and mint leaves, for garnish

Cut grapefruit in half crosswise. Trim a very thin slice from ends of each grapefruit so they won't tip on the plate. Squeeze enough grapefruit to make 2 cups plus 6 tablespoons juice. Scrape membrane from shells; refrigerate shells until ready to use.

Sprinkle gelatin over ½ cup water; set aside. In medium saucepan heat sugar and ½ cup water until sugar is dissolved. Add gelatin mixture and stir until dissolved. Cool. Add grapefruit juice, lemon juice, tequila or sherry and salt. Pour into grapefruit shells and chill until set. Fill as full as possible as mixture will shrink. *(Can be made a day ahead.)* Top with avocado slices and mint leaves. Makes about 10 servings, about 110 calories each.—*Peggy Dickinson*

GUACAMOLE SALAD BOWL
pictured on page 58

½ medium head iceberg lettuce
½ cup whole ripe olives
1 cup corn chips
½ cup shredded Cheddar cheese
2 tomatoes, cut in wedges
¼ cup chopped green onions
1 can (7 oz.) tuna, drained (crab meat, bacon or cooked ground beef may be substituted)
Avocado Dressing
½ cup mashed ripe avocado
½ cup sour cream
⅓ cup salad oil
1 tablespoon lemon juice
1 garlic clove, crushed
½ teaspoon chili powder
½ teaspoon sugar
¼ teaspoon salt
¼ teaspoon bottled red pepper sauce

Pile each ingredient separately on large platter or in salad bowl. Place dressing in center. Makes 4 servings, about 235 calories each.

Dressing: In small bowl combine all ingredients and beat with beater until smooth or place in blender container and blend until smooth. Makes 1⅓ cups, about 50 calories per tablespoon.—*Tuppy Grow*

CHALUPA
pictured on page 58

1 pound dried pinto beans
3 pound pork loin roast
1 teaspoon ground cumin
1 teaspoon salt
1 teaspoon oregano
2 garlic cloves, chopped
1 can (7 oz.) green chilies (use smaller can if desired)
1 tablespoon chili powder
Water
Accompaniments: Corn chips, shredded Longhorn Cheddar or Monterey jack cheese, chopped green onions, chopped tomatoes, chopped cucumber, chopped avocado, shredded lettuce, sour cream and/or canned hot sauce (salsa or picante sauce).

Place above ingredients except accompaniments in a crockpot on low setting; cover with water and cook overnight or until roast falls apart. Or, wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling and boil 2 minutes. Remove from heat; cover and let stand 1 hour. Or cover beans with water and soak overnight.) Drain beans. Place beans and remaining ingredients except accompaniments in Dutch oven. Cover with water. Cover and place in preheated 325° F. oven and cook 4 hours.

Remove bones and fat from pork and cook uncovered another hour or until most of the liquid has been absorbed. Allow guests to make their own masterpieces, adding from plates of grated accompaniments. Makes 8 servings, about 640 calories each without accompaniments.—*Mary Bradley*

Calico Cactus Cookbook contains approximately 525 recipes on 252 pages. Desert-inspired illustrations open each chapter, ranging from "Arizona Lifestyle" to "Gal on the Run." To order your copy, send $8.00 (includes postage/handling) to:
Calico Cactus Cookbook
Scottsdale Girls Club Auxiliary
Dept. LHJ
8246 East Rose Lane
Scottsdale, Arizona 85253
Make check payable to: Scottsdale Girls Club Auxiliary.

ARTICHOKE CANAPÉS
pictured on page 58

2 loaves thinly sliced bread
½ cup mayonnaise
½ cup grated Parmesan cheese
1 onion, grated
1 can (14 oz.) artichoke hearts, quartered
4 slices bacon, crisply cooked and crumbled

Preheat broiler. Cut bread into rounds with cookie cutter and toast one side. Combine mayonnaise, Parmesan and onion; spread some on untoasted side of bread. Cover with piece of artichoke. Top with dollop of mayonnaise-cheese mixture and bits of bacon. Broil until brown and bubbly. Makes about 48 appetizers, about 40 calories each.—*Maxine Allen*

CHILI CHEESE CUBES
pictured on page 58

8 eggs
½ cup all-purpose flour
1 teaspoon double-acting baking powder
¾ teaspoon salt
3 cups (12 oz.) shredded Monterey jack cheese
1½ cups (12 oz.) cottage cheese
2 cans (4 oz. each) mild green chilies, drained, seeded, chopped

Preheat oven to 350°F. Grease a 9-inch square baking dish; set aside. In large bowl beat eggs with mixer until light, about 4 to 5 minutes. Combine flour, baking powder and salt. Add to eggs and mix well. Fold in cheeses and add chilies. Pour into baking dish. Bake 40 minutes. Remove from oven. Let stand 10 minutes. Cut into small squares. Serve hot. Makes 3 to 4 dozen, about 70 calories each per 3 dozen, 50 calories each per 4 dozen.—*Mary Troppman*

BROILED DATES
pictured on page 58

¾ cup firmly packed light brown sugar
½ cup water
¼ cup fresh lemon juice
¼ cup cider vinegar
½ teaspoon cinnamon
½ teaspoon nutmeg
⅛ teaspoon salt
1 package (8 oz.) whole pitted dates
1 pound sliced bacon, halved

In small saucepan combine all ingredients except dates and bacon. Simmer 5 minutes. Pour over dates in bowl and marinate 24 hours. Wrap marinated dates in bacon. Place on rack in broiler pan; broil until bacon is cooked. *(Can be prepared in advance and frozen prior to broiling.)* Makes about 42, about 45 calories each.—*Margaret Gallinger* **End**


To you, it's bran. To your family, it's delicious.
Honey Bran
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Healing Love

continued

"Which way did you fall?"

"I'm afraid I can't recall."

"Can you feel this?" he inquired, jabbing a pin-like instrument into my left cheek.

I winced in pain. Then he pricked my right cheek. "How about this?"

I winced again in reflex, but the pain didn't come. "I don't feel anything," I answered, my terror mounting.

"Will you please get out of bed and walk for me?"

I tried and fell over backward.

In the days that followed, the tests grew increasingly painful and complicated. I was wired like a switchboard for electroencephalograms. A needle was implanted in my neck to shoot dye into my brain for X-rays. Another needle was plunged into my spine. Air was injected. And when it bubbled excruciatingly up into my brain, more X-rays were taken.

I wanted desperately to believe that all these tests would show that some minor difficulty was behind my frightening symptoms. I hoped for nothing more than to return home to T.J. and Heather and a normal life. But wishing couldn't alter the grim story the X-rays told. There was a tumor of massive size growing on my brain. The verdict: immediate surgery.

Just as they were about to wheel me into the operating room, the phone rang.

"It's your father," the nurse said, handing me the receiver.

"Hello, Dad?" I paused, waiting to be comforted by his minister's voice.

"How are you, Ann?" he said. "Would you like me to come out to California?"

"No thanks, Dad. I'll be okay." I sensed this was what he wanted to hear.

"If you say so, dear," he quickly responded. "Did you get my flowers?"

"Oh, yes, I did. They're lovely. You know how I love the green bells of Ireland." They were the favorites of my mother who died when I was four—just T.J.'s age, I realized with a shudder.

"Well, I'll be praying for you." Two orderlies wheeled a stretcher to my bed.

"I have to go now, Dad. Good-bye." I handed the phone to the nurse.

"Did you get your happy shot?" she asked. I nodded, too drugged to catch the irony of her question.

The men in green jackets blanketed my body, lifted me onto the stretcher and wheeled me out of the room.

Like the explosion of a .45 caliber bullet against the head, brain surgery left me paralyzed on my right side and almost entirely without coherent speech. I could barely distinguish between light and dark. Day after day, I lay in that antiseptic room and did nothing but sleep. I slept so much, in fact, that the nurses regularly omitted my name from the daily bed count. "She's not a patient," they'd say. "She's a vegetable."

The loneliness and terror of those seven long weeks in the hospital were rarely relieved. I had almost no visitors. Carl's business trips became more frequent, due to a new development in his company. My father called to say he wouldn't be able to come west to see me. He couldn't leave the parish unattended; and his new wife was ill with winter flu. And Heather and T.J., of course, were far too young to visit.

When I finally came home that March, with a nurse, I must have been a dreadful sight. Carl seemed to find it difficult to look at me. The hospital had shaved my head. I trembled and talked in jibberish.

How would my terrible metamorphosis affect T.J., I wondered. How could any small child help but be unsettled by my bizarre appearance? But however strange or disturbing I must have looked to his eyes, he never showed it. He would come into my room, sit on my bed and brightly smile as if nothing were wrong. And like a mother, somehow able to make sense of her baby's babble, he would listen patiently to my mumbling.

This uncanny child soon developed a sixth sense about how to comfort me. Every day when he returned from nursery school, he'd bring home a picture book and pretend to read to me. And at nights he was often there during the terrible nightmares that plagued me. At the worst moments, I'd hear him tiptoe into the room and then feel his pudgy, little body next to mine. Like a tiny guardian, he'd lull me back to sleep.

One of those long nights, as I awoke to find T.J. curled at my side, I suddenly knew the worst was over. However disabled I was or would be, here was this trusting child who counted on me. I was still my children's mother. Even if I could never again hug them tightly or run with them on the beach, I would always love and protect them. And I vowed then that nothing would take my children from me.

Our secret garden

During the next two months my speech and eyesight improved and I grew stronger. Then late in June, a chair with over-sized wheels was placed by my bed. Although the nurse warned me to wait for her help, I was determined to maneuver into the seat myself.

My first efforts went completely haywire. While trying to get from the bed to the wheelchair, I lost all control. I started bouncing against the nightstand. Then into the wall, against the bed, and around again. Just as I was about to repeat the circle, I glanced up to see T.J. frozen in the doorway, his mouth agape.

What terror was running through his mind? After the nurse had lifted me back into bed, he crawled over to where I lay. And tucking his auburn head under my arm, he said, "Mommy, everything's going to be okay." At the age of four, this child seemed more concerned with his mother's feelings than with his own fears.

I was soon able to navigate the wheelchair around the house with ease. Everyday I would wheel myself to the kitchen window and gaze out at the garden. Early one morning I steered the wheelchair out the sliding door and onto the grass. There in the center of my garden, I sat and watched. Sparrows hopped about searching for seeds. Daffodils and geraniums rustled in a breeze. For the first time in longer than I could remember, the world seemed still and peaceful. I felt someone touching my arm.

"Hi, Mommy." T.J. smiled. "Want me to take you for a ride?" We laughed together as he raced me in the wheelchair around the garden. When T.J. noticed I was tiring, he wheeled me back to the house. And he grinned from ear to ear when I whispered haltingly, "Let's go out again tomorrow."

Our shared toy

From then on all our afternoons were spent in the garden, just T.J. and I. The wheelchair became our shared toy. Then one day T.J. thought up a new twist to our games. He disappeared into the house and returned minutes later, dragging my tennis racket behind him. My eyes welled up with tears.

That well-worn racket brought back a surge of stored memories. I remembered the small child I once was, waiting for my father to meet me at the neighborhood tennis courts. This was our private time together. And however busy his ministry kept him, he always found the time to play. During those childhood years and long after, my tennis racket had remained a constant companion. Now, after gathering dust for close to nine months, it was placed by T.J. in my right hand.

As he whirled his tiny arms in the air like a big league pitcher, my tears gave way to laughter. T.J. tossed the ball. I made a tentative swing. *Contact*. The ball bounced several feet.

"Again, T.J.," I sputtered excitedly. Once we'd begun, I didn't want to stop. I missed the ball many times. But each time I hit it, I could feel myself growing stronger.

Our wheelchair tennis game became a daily ritual in the garden that summer. The physical exercise fortified me, but it was the loving company of T.J. that proved the best therapy. By mid-October, I had graduated from the wheelchair to a four-legged walking support. I wobbled and stumbled. But after all I'd been through, by comparison I felt airborne.

T.J. scampered alongside me one morning, several months later, as I shuffled to the kitchen on my walker. "You can lean on me, Mommy," he said, smiling, "then you wouldn't need that thing." I grimaced, staring down at *(continued)*

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Healing Love

continued

the support. "C'mon, Mommy, try." I hesitatingly let go of the walker, and gripped T.J.'s strong little hands.

I started to waver, to lose balance. But he tightened his hold. With difficulty, I straightened my body. And with excruciatingly slow movements I steered my left foot forward slightly. Then my right. Slowly, step by step, I walked to the garden. All afternoon T.J. and I played in the autumn sun.

The world outside

Heather and I learned to walk together that winter. At a little over 13 months, she was extremely sunny and cried rarely. She was so trusting that once, in my awkwardness when I dropped her, she looked up and beamed at me. Somehow, this tiny creature knew, like T.J., that smiles would comfort me. These two small children seemed to have faith that everything would be fine at a time when I was barely beginning to believe it.

I could walk, it's true, but I was still afraid to venture out into the world. To begin with, I was still very clumsy. And my movements appeared strange—even freakish—to anyone who didn't know what was wrong with me. The mailman, for instance, went to great lengths every day to avoid me. But more importantly I was terrified that I'd lose my footing in front of others and humiliate myself—to say nothing of the children. What finally made me leave my home was a simple thing: my urge to push Heather in stroller down the street.

But however simple the wish, my reen try to the outside world was difficult. An for T.J. it must have been devastating. A the three of us slowly inched down th block, two neighborhood childre wheeled up to us on their bicycles "When's your mother, the witch, going t get a broom and fly?" they jeered at T.J He let go of the stroller and took a ste backwards. With a dignity so striking in small child he said, "Don't you touch her And don't you say those things."

I wanted to run back instantly to th privacy of my four walls. "Let's go home, I said. "No, Mommy," T.J. replied, hi eyes intent. "We've just begun our walk."

His words were to echo often in m mind. So many times I'd remember then as I faced new obstacles. Instead of re



ng behind closed doors, I'd do the s I feared most. When I faltered, my ren would replenish my faith and me to go out again and participate.

What the future holds

any years have passed since I took e first tentative steps into the outside d. And much has changed. Carl and I been divorced for five years, bring- close to our difficult life together. I understand that my illness was far much for him to bear. His absence hard on the rest of us for a while. But o brought us closer together.

J. is now 15; Heather's 12. I watch pride as they bloom. I haven't been kind of parent most kids have. But ever my drawbacks as a mother, I see youngsters who are bright, strong ready to tackle life's challenges.

With their support, I, too, have grown stronger. My movements remain awkward, but they no longer embarrass me. As for the children, they don't seem to notice at all. "How does your mother manage, being handicapped like that?" T.J.'s friend asked him the other day. "Just like you do," T.J. replied without hesitation. "I don't see her as handicapped."

The fact that my children have never thought of me as disabled has helped me accomplish things that both the doctors and I once thought impossible. I write poetry for the local newspaper and have completed a children's book I hope to publish. I've helped set up a newsletter for the church down the street and taken part in a county program that brings meals to the homebound. This semester, I'm also taking four courses at a community college. The bus drivers who take me there already know me. They reach to catch me when I stumble on the stairs. Encouraged by friends, I've taken up racketball. And, believe it or not, I've even tried disco dancing.

Since those first floundering movements with T.J. in the garden, I've come a long way. The doctors tell me I'm lucky to have progressed this far. None, of course, can promise me that the tumor will never recur. But I plan ahead anyway, particularly for the time when Heather and T.J. leave home.

I'm still having pipe dreams now, but I think I'd like to join the Peace Corps and teach underprivileged children abroad. Or perhaps I'll work with handicapped children nearby. But one way or another, I'm determined to help others less fortunate than I. And to pass along the gift of hope my children gave me. **End**

OOL WHIP® and BAKER'S® German's® Sweet Chocolate introduce mouth-watering chocolate cream pie.

1.



Heat chocolate and 2 tablespoons of the milk over low heat, stirring until melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture, beat until smooth.

2.



Fold Cool Whip® Non-Dairy Whipped Topping into chocolate mixture and blend until smooth.

3.



Spoon mixture into crust. Freeze about 4 hours. Garnish with chocolate curls if desired.

The 30-Minute German Sweet Chocolate Cream Pie

1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate*
1/3 cup milk
2 tablespoons sugar (optional)
1 package (3 oz.) cream cheese, softened
1 container (8 oz.) BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping, thawed
1 packaged graham cracker crust

*Only Baker's® makes German's® Sweet Chocolate. Find it in the baking section of your supermarket.





Cool Whip. We're doing fresh things with pies.

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"The Journal And Me" Winners
Report on a heartwarming letter contest

In August 1980, in "Editor's Diary," we offered readers a chance to describe their relationship with *Ladies' Home Journal*. Ten $200 prizes were to be given to the writers of the most meaningful and insightful letters, and readers were urged to be as candid as they wished.

Result: Thousands of wonderful letters, from all over the country and abroad, filled with memories, associations, bouquets, criticisms, and analyses of our content that were amazing in their sharp perceptions. A committee of *Journal* editors selected ten winners (and what a job *that* was) and they are listed below. To them, and to all the others of you who wrote and did not win, our deepest thanks. Your words are being studied by all of us, for an indication on how we can serve you even better in the future. Here, a brief sampling of what some of the winners wrote.

"Yes, I do like you, what you have become—a fine blend of the old, combined with the best of the new, culminating in something for all."

Santa D. Calabrese

"The Journal *has always projected an attitude to me that says a woman's place is* wherever *she is—in the office, the kitchen or the bedroom. Because of your enlightened publication, women are beginning to acknowledge their personal potentials, and society is realizing the complexities of being a woman today."*

Bobbi Bauer Birdsong

"I am a black woman, born in the thirties, a teenager in the forties, a bride in the fifties, a mother in the sixties, a student in the seventies, and a grandmother in the eighties. . . . Journal, *you and I will be feuding and fighting in the years ahead. I'll cancel you and I'll renew you. I'll swear I won't subscribe, and I'll buy you at the newsstand. I need you for many things, and I hope you will find you need me, and more like me."*

Gwendolynne M. Foster

"What good is a family? Not for very much. Only for support, friendship, solace, happiness, continuity and—love! It seems to me your magazine falls into most of the same categories."

Maralyn Sion

"The times are changing. Unlike some magazines that cater exclusively to the homemaker, or exclusively to an almost militant single woman, LHJ has kept in tune with both homemaker and career woman. The best of both worlds can be blended successfully. . . . Thank you for offering me a magazine relevant to my life."

Rita Hooks

"There have been times when the Journal *has made me put my best foot forward, to try again when I felt I had failed. It has helped me put a little adventure into living, to have the courage to try new things, new recipes, new hairdos and even to put some magic in my love life. My busy life as the mother of three children leaves me little time. But I always find the time to read the daily newspaper, and subscribe to only one magazine (my favorite),* Ladies' Home Journal."

Phyllis C. Pearson

"The Journal And Me" Winners

Bobbi Bauer Birdsong, Jefferson City, Missouri; Santa D. Calabrese, Greenwich, Connecticut; Shirley A. Davis, Gary, Indiana; Gwendolynne M. Foster, Park Forest, Illinois; Rita Hooks, Gresham, Oregon; Catherine S. Jesch, Santa Ana, California; Phyllis C. Pearson, Draper, Utah; Pam Sanders, Canyon, Texas; Lynn Siler, Toledo, Ohio; Maralyn Sion, Fresh Meadows, New York.

"Dove gave us softer, smoother skin in just 7 days."

u Ann Harkleroad, age 38, Chamblee, Ga.

Virginia B. Miller, age 31, Excelsior, Minn.

Kim M. Maviglia, age 34, Hillsdale, N.J.

Donna-Rae Lang, age 38, Littleton, Colo.

Barbara Medica, age 29, Canoga Park, Calif.

Janet C. Uthemann, age 35, Denver, Colo.

Betty Wyche, age 32, Plymouth, Minn.

Marsha Bayly, age 27, Ringwood, N.J.

Judy M. Olson, age 41, Minneapolis, Minn.

Georgina Kennedy, age 37, Waldwick, N.J.

Suzanne F. Neslund, age 32, Long Lake, Minn.

Junell Wingate, age 45, Wayzata, Minn.

Tracy Jenkins, age 33, Alpharetta, Ga.

ne San Phillip, age 36, Ridgewood, N.J.

Suzanne A. Hungerford, age 34, Encino, Calif.

Jane M. Grove, age 39, Wayzata, Minn.

Pamela Cohen, age 33, Van Nuys, Calif.

Rhona Klawans, age 31, Denver, Colo.

Mary Porter, age 30, Marietta, Ga.

cki Windsperger, age 30, Robbinsdale, Minn.

Shirley Scott, age 37, Van Nuys, Calif.

nie Lee Glaholt, age 28, Los Angeles, Calif.

Dale Aiken, age 29, Atlanta, Ga.

These are the names of real women. Just a few of the hundreds of real women across America who took a real test: They stopped using soap and washed their faces with Dove® instead. To a woman, they reported that after seven days of Dove, their skin was noticeably softer and smoother. Sound miraculous? No, it's just that the Dove ¼ moisturizing cream formula really does work. Dove isn't soap. So it can't dry your skin or strip away its natural moisture like soap can.

Try it. Put your soap aside and use Dove for seven days. Your name could make the next list.





Got a minute?
Got a pan?
Join Duncan Hines i

Desserts with American Dash

Cut-It-Short Torte

1 Duncan Hines Pudding Recipe Devil's Food Cake Mix
1-8 oz. frozen whipped topping, thawed.
1 can (21 ounces) cherry pie filling.

Mix and bake cake as directed on package in greased and floured 10-inch tube pan at 350°. Cool. Split cake into 3 layers. Spread 1/3 of whipped topping, then 1/3 of pie filling between each layer and top. Chill until set.

One Pan!
One Mix!
No more than
3 things to add!
No more than
35 minutes
of your time!*
Dark and Delicio
was never so eas

*Excludes baking and cooling t

Duncan Hines

Mock Eclairs

1 pkg. Duncan Hines Deluxe II Yellow Cake Mix
2-5 ounce can's lemon (or vanilla) pudding
Chocolate fudge topping

Mix and bake cake as directed on package in 13X9X2-inch pan. Cut cake into sixteen 4½X1½-inch pieces. Cut each piece in half lengthwise. Spread one tablespoon of pudding between split cake pieces and top with chocolate fudge topping. Store in refrigerator.

Choc-A-Bloc

1 pkg. Duncan Hines Deluxe II Deep Chocolate Cake Mix
1 quart brick mint chip ice cream
Chocolate topping

Mix cake as directed on package. Spread batter in a greased and floured 15½X10½X1-inch jelly roll pan. Bake at 350° for 20-25 minutes. Cut cake into serving size squares. Put a slice of ice cream between 2 pieces of cake and add chocolate topping. Serve at once or store in freezer.



A VALENTINE FROM THE PRESIDENT OF THE UNITED STATES TO THE FIRST LADY

Dear Nancy:

Because you always know when to help fight off despair,

Because you always wanted our home to be the place where our children could at least try to solve their problems,

Because you listen, really listen, to so many people who marvel at your patience, intensity of empathy and practical solutions,

Because you share with me the belief that prayers and religion are private, but so vital and needed in all faiths, and creeds, at this time,

Because you can say such direct, simple truths in times of confusion and then help us achieve such companionable silence, when the answers start to become clear to me,

Because you have defined love to me in wife, life, living and mothering,

Because of all of this, and so much more, I'm glad that you are, and always will be,

MY VALENTINE.

Your Husband





BEARING UP

Would her heartache ever heal—could she return to the rhythms of life? An inspiring short story by Mary Elmblad.

My mother and my father hurried through the airport terminal to meet me. They came with outstretched arms, yearning to comfort and be comforted, but I fiddled with my luggage and avoided their touch. They led me outside, into a southern summer where the air was hot and wet and the softened asphalt clutched at my heels. I managed to sit in the back seat of my father's car, alone, but my mother sat sideways in her seat to peer back at me, into me. I hid my eyes behind dark glasses and tried to handle their questions.

"How are you now, Barbara?"

"All right. I'm all right."

"And Doug? Is he—"

"Doug. Yes. He's fine."

It was worse at their apartment. In spite of the air conditioning the place seethed with a supercharged emotional atmosphere. I fled to the kitchen, a room of hard edges and unfeeling machines, but their concern followed me, carried in their hushed, worried voices. All that love. All that caring. It ate away at my shield, it eroded the wall I had been trying to build since that first morning in the doctor's office.

I should not have come, I thought. I never should have come.

Doug had driven me to the obstetrician's office that morning. Our first child! Only two weeks to go! We were so happy, chattering away about names and diapers and holding hands at the stoplights.

I am not sure what first made me realize that something was wrong. It might have been the sudden cessation of the doctor's gentle teasing. Or it may have been the sudden tension that developed between the doctor and his nurse. It was then that I began to withdraw from the scene, mentally. I made myself ignore the machines that were pointed at my body, the doctor's whispered consultation with his colleague, the strain in the nurse's voice when *(continued on page 113)*

Illustration by Michael Deas

THE LOOK CHANGERS

Five Women Get Their Beauty and Fashion Acts Together

Given: Every woman wants to look her best. Attractive yet individual. But it's tough to pull together a "total" image—hair, makeup, clothes, accessories. Each of the five women, right, needed an update . . . more polish, more dash for an active lifestyle. Here and on the following pages, you'll find our changes . . . easygoing hairstyles, latest beauty tips, plus versatile day-to-night fashions for spring. By Maureen Lynch, Director of Fashion and Beauty.

In search of a new look, left to right: • Barbara Kelly, 30, has a new career (fashion writing) coupled with a new marriage; wants to look more "executive," less preppy. • Susan Lampe, 23, now working as Asst. Sales Rep for Knoll International, needs to shed "student" image, acquire the polish "to climb the ladder"—fast! • Anna Grace Howie, 44, describes herself as "hyperactive." She has 2 college-age children, 1 teenager; is a sports/fitness buff. • Maureen McCarran, 34, plays the role of "busy mom" during the day, wanted help shifting to a more "sophisticated" look for evenings of entertaining with her surgeon/husband. • Peg Brown, 53 (married 32 years, children grown), keeps on-the-go as owner/manager of DeBary Guest House in Summit, New Jersey.

Hair: Cuts and styling by Mark Kane; color by Louis Licari, LaCoupe, New York.
Makeup by Jac Colello.
Photographs by Jim Houghton.





THE LOOK CHANGERS



The Beauty Part

The idea in beauty today is unmistakable style—but without anything excessive. All the women here were given no-fuss haircuts; some, softened with highlights. Almost everyone needed moisturizer to keep skin healthy, glowing. We applied subtle day makeup—in unusually pretty colors.

Key to any working life is an air of confidence. But Susan Lampe (opposite page, far left) felt "shaggy around the edges." For zip, hairstylist Mark Kane cut and layered her red hair. She now can blow it smooth or let it go curly. Eyes were brought out with wine-colored shadow, peach highlighter.

Casual in style, Anna Grace Howie (near left) preferred the "natural look." Our plan: still classic but more adventuresome. Her long hair, frosted an ash color, was too aging. Color expert Louis Licari added golden lights. Shaggy edges were cut, the front was pulled back into little knots for softness. Then, eyeshadows and blusher in browns and coppers.

How do you go from daily routine to all-out evening? That was the problem Maureen McCarran (this page) wanted solved. To give her more polish, Louis covered touches of gray hair with warm highlights. The center part was changed to a softer side sweep. Makeup artist Jac Colello applied dark blue liner, lavender and lilac shadows for added glamour.





THE LOOK CHANGERS

More beauty changes to meet new challenges. Good haircuts with built-in versatility, makeup with fresh appeal—all add up to a finished look.

Full of energy and stamina, innkeeper Peg Brown (far left) has to look sharp from greeting guests at the 7:30 A.M. breakfast —and on. Peg's hair color, ranging from baby blonde to brassy, was brought to a wheat shade and highlighted around the face. Biggest change was the side sweep and brush back, giving her whole face an instant lift. Jac played up her deep blue eyes, defined with purple and lavender shadows, filled out her lips with a clear red.

Knockout! Barbara Kelly (near left) enjoys being "trendy," welcomes change. Her secret fantasy has always been to "be a redhead." Louis added an easy henna rinse and the results were glowing. Mark gave her heavy hair a "Broom Cut," shorter at the outer edges with jaunty feathered bangs. Her brows were neatened, filled in with a brown pencil. Makeup was kept sheer, rich—mauves and grays, a rosy blush, brighter berry mouth.

The Fashion Part

Turn the page for a glimpse of our five "Look Changers," wearing some of the newest and best spring fashions around. Specifically: Well-thought-out, uncomplicated clothes to serve as a base for today's active-life dressing. Here are a few sound ideas to follow . . . on putting it all together for yourself. Look for:

- Newsy pants that stop short of your shoes . . . in any length from knee to ankle. Next page, midcalf, a sophisticated version of culottes (you'll see more and more of these). With them, the shoe of the year: the pump, standing on a shorter, skinnier heel.
- Breezy little dresses whipped up in feather-light fabrics. Thin against the skin. The short-sleeved version looks very fresh for day.
- The classic blazer in flower colors . . . lilac, geranium, jonquil. Team with skirt and blouse of same color for a suit look—or slip over contrasting dress or separates for versatility.
- Pale hosiery. Tints of whisper pink or green. Favorite: an all-purpose ivory to enhance the leg.
- An overall mood of romance and femininity. Ruffles and bows, pretty pastels. A softer edge. You'll feel good in colors that flatter. . .

PUTTING IT ALL TOGETHER



Shopping information, page 127



THE LOOK CHANGERS

Left to right: ● *A trend-setter, Barbara wears fresh mint linen—new culottes, $158, topped with elbow-grazing blouse, $118. Both, Blassport.* ● *Rainbow stripes for Susan—silky little dress by Albert Nipon, $278.* ● *Versatile suit-look fits into Anna Grace's life. Blazer, $96; bowtie blouse, $40; pleated skirt, $52; in shades of lilac. All, Gordon of Philadelphia.* ● *Very romantic for Maureen's evenings on the town. Gossamer silk dress with ruffled collar, cuffs; its own slip. By Silk Farm, $188.* ● *Perfectly finished—for day or dinner/theater. Rose pink blazer, $85 (Peg loves color!); over flowery blouse, $36; flared skirt, $36. All, Villager.*

DISASTERS and your home

An epidemic of disasters, both natural and man-made, has chased thousands of people from their homes in the last three years. Many will never recoup their losses. What can *you* do to protect your home and valuables? By Gay Norton Edelman



EARTHQUAKE



TORNADO

• Ernest and Mae Gray saved for years to buy their dream house on the peaceful banks of the Cowlitz River, in southwestern Washington. When the nearby volcano on Mount St. Helens erupted, their three-bedroom home was buried in lava and mud, and they lost the possessions of a lifetime.

• Torrential rains swelled the Pearl River in Jackson, Mississippi. Jerry and Michele Smith, along with 5,000 other families, suffered losses due to the flood.

• As firestorms swept through Los Angeles' wealthiest suburbs last fall, hundreds watched flames engulf their homes, many valued at over half a million dollars.

These victims and others have learned the heartbreaking truth that disaster doesn't always strike others. It can strike home—your home.

In the past three years, an alarming spate of catastrophes has destroyed the valuable property of countless homeowners. Insurance companies list more than 85 recent disasters during that period, for each of which they paid over $1 million in damages. The last few years have been the most costly in the history of the insurance industry.

The awesome roster of catastrophic events includes the flash tornado that ripped through Wichita Falls, Texas, causing $300 million in property loss; Hurricane Frederic, which whipped across Alabama, Florida and Mississippi, leaving $2 billion worth of wreckage in its wake; plus such man-made disasters as Love Canal, Three Mile Island and the Titan missile explosion in Damascus, Arkansas.

Most disasters take homeowners by surprise, but

(continued on page 122)

Gale winds cause massive brush fires near Santa Monica, Calif.; insets left to right: earthquake near Seward, Alaska; tornado sweeps through Kalamazoo, Mich.; rains result in floods in Maple Valley, Wash.; property damage along the Louisiana coastline after hurricane struck.




BEFORE

BATHROOM FIX-UPS

Of all decorating challenges, a "problem" bathroom is probably the most fun to solve. Small in space, it's an easy place to express your taste—without spending a bundle. Here and on the next pages are four fix-ups (and quick checklists), showing what a little paint, paper and a lot of imagination can do.

By Joan Tully,
Home Editor

Photographs by Joshua Greene



MAJOR PROBLEM: OUTMODED TILE

- ***Instead of replacing perfectly good tiles in a dated '50s color (true turquoise), make them your focal point. Pick a pretty wallpaper to match.***
- ***Look for a dramatic fabric to coordinate the blue/green with bold colors.***
- ***Make corner curtains and a shirred valance to soften the hard edges of the shower stall. Tie back with grosgrain ribbon.***
- ***Remember those plain-Jane white window shades? Inexpensive and crisp, they work energy-saving wonders in this cold corner bathroom.***
- ***Lack of storage space? Fill the empty corner wall with an airy white wicker cupboard. Stash towels, perfume, even a plant on shelves; cosmetics conveniently store behind closed doors.***
- ***For a neater line, a cleaner look, hide an unsightly radiator under a ready-made cover (provides an extra shelf, too).***
- ***Fringed oval rug completes Victorian-era feeling.***

Designed by Geraldine Engel Kaupp. Wallpaper by Marimekko 2; fabric by Bloomcraft.
For shopping information, see page 127.





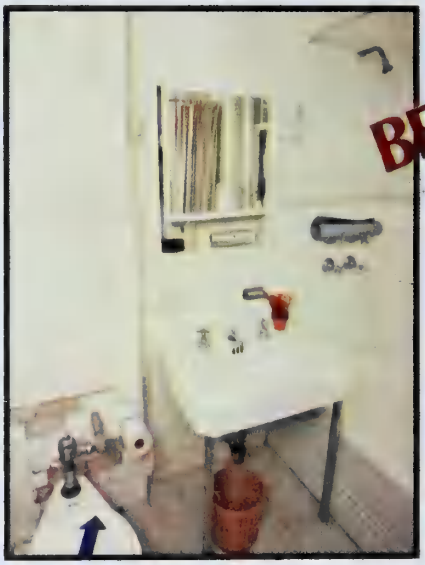
PROBLEM: UNDER THE EAVES

This attic bathroom, an afterthought, needed some immediate attention and bright ideas.

- *Put on a ledge-like chair rail and use two crisp papers (hearts, stripes) to break up height of walls.*
- *Add a balloon shade and pouffy shower curtains in a garden-fresh print to lend soft, rounded edges to the angular room.*
- *Make a curtain rod from bendable PVC piping (at lumber stores) to follow odd ceiling line.*
- *Hide plastic shower curtain liner on tension pole behind one drape.*
- *Cut store-bought trellising to make storage areas; under sink, in corner niche. Also, cover radiator.*
- *Wicker mirror (painted red) and baskets of colorful towels provide instant cheer.*

Designed by G.E. Kaupp. Wallpaper by Sherwin-Williams; fabric by Charterhouse; floor by Congoleum. For shopping information, see page 127





PROBLEM: RUNDOWN NEGLECTED

Bare, spare and in sad repair, this bathroom is perfect for do-it-yourselfers.

- *Quickly cover plain (and stained!) walls with easy prepasted squares in a flower pattern.*
- *Spruce up old, grimy flooring with wall-to-wall carpeting in a rich color.*
- *Paint ceiling and trim to match floor, making the room look warmer, less tall and frosty.*
- *Trim a homemade shower curtain with ribbon for a custom-finish. Hang a thin-slatted blind over the window for privacy.*
- *Build storage space with simple shutter doors around the toilet.*
- *Give the mirror new life and light. Glue on bamboo strips—add small shades to the wall lamps, install a clean light bar on top.*

Designed by Jim De Martin. Wallcovering by Flair Squares.

PROBLEM: SMALL, WINDOWLESS

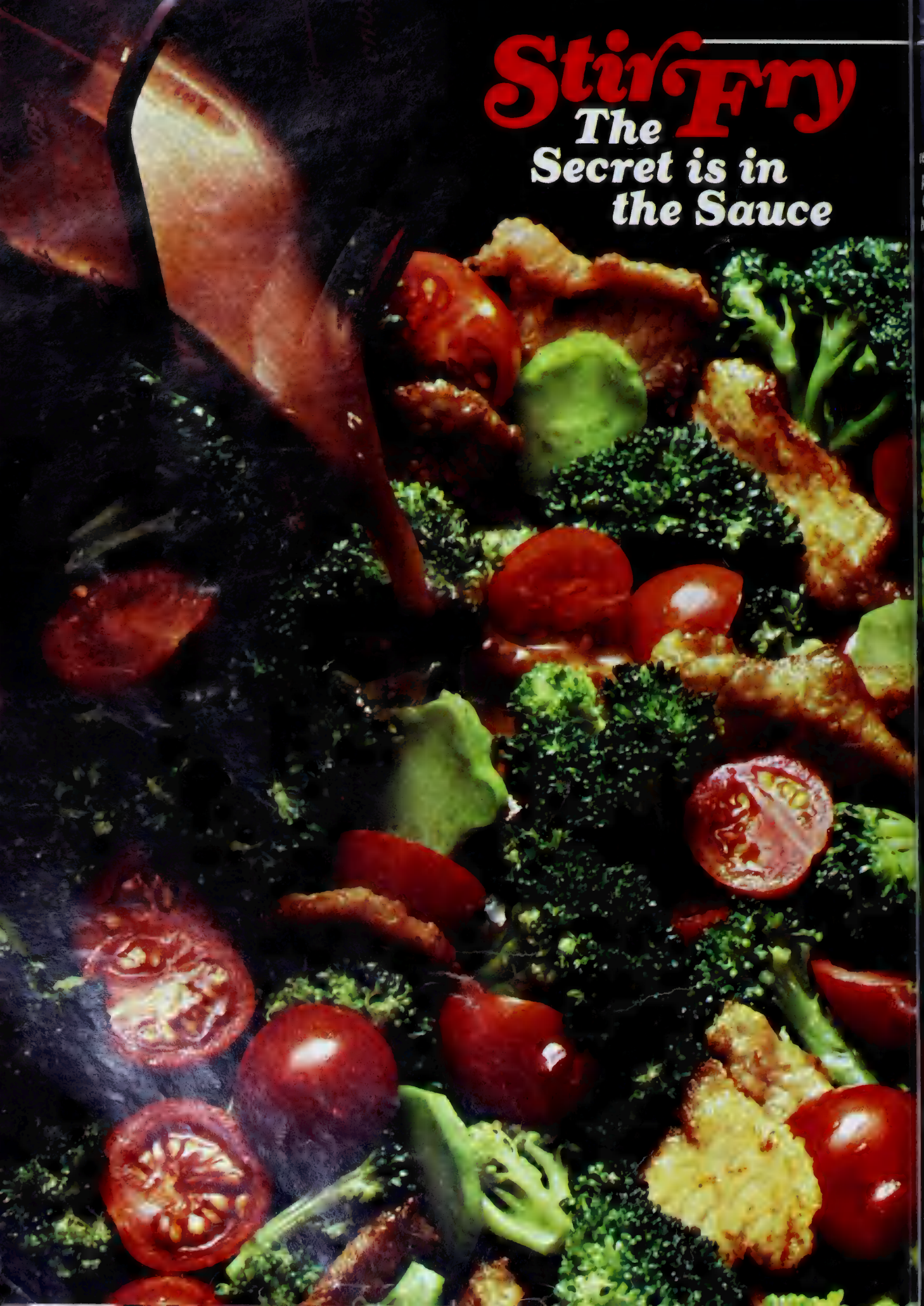
No charm, no character? Go all white—to sleek up a small space.

- ✔ *Build a neat Formica cube around the fussy old vanity; side opening.*
- ✔ *Mirror the whole wall above the sink. Functional, plus it instantly doubles the size of the room.*
- ✔ *Run a strip of light on each side of mirror. These are incandescent (better than fluorescent for applying makeup).*
- ✔ *Hang plenty of "high tech" storage grids for cosmetics, towels, etc.*
- ✔ *Pick a see-through shower curtain with handy pockets.*
- ✔ *Cover pink floor (fast!) with adhesive-backed white vinyl tiles.*

Designed by Edward Nimon. Mirror by Binswanger Products.



BEFORE


Stir Fry
The Secret is in the Sauce

Here's our secret . . . with LHJ's do-ahead sauce, stir-frying is simpler than ever. This popular cooking style, borrowed from the Chinese, takes fresh or leftover meats and vegetables—makes a meal in minutes. The only problem has been the sauce. ("How much oil? Oh, no, I'm out of soy sauce!") Now, you can be prepared. Mix up one big batch, enough for 4 meals, to keep in the refrigerator up to 2 weeks or freeze for 3 months. Below: Pork with Broccoli and Cherry Tomatoes. All recipes, from Chicken with Peppers to Spicy Noodles, page 101. By Sue B. Huffman, Food and Equipment Editor.



LHJ's Stir-Fry Sauce: beef or chicken broth, soy sauce, dry sherry, vinegar, red pepper sauce, brown sugar, cornstarch, garlic, ginger. Combine ingredients (see page 101) in a jar, shake well. We used an electric wok, but any wok or skillet will do.





For stir-fry pork dish: slice boneless pork into thin slices (easier if partially frozen). Flatten with heavy knife.



Toss meat with portion of sauce, cornstarch. Heat oil; brown meat a few pieces at a time.



Quickly stir in broccoli; add cherry tomatoes, pork, sauce (stir gently). Dinner is served!

Photographs by Jean Allsopp

Pancakes

New ways to stack 'em delicious and right... to satisfy all, morning till night

Pancakes you'll flip over . . . from the best old-fashioned griddle cakes to ingenious new flapjacks and fritters (tasty treats for a light lunch, side dish or late-night supper). Counterclockwise from center:

Blueberry, a fruited variation on the basic batter; puffy and light.

Corn Pepper, peppy with Mexican corn, tingle of chili.

Risotto, golden rice cakes, hint of Parmesan, garlic.

Swiss Potato, crispy and cheese-y.

Zucchini, unusual with flecks of crunchy green. Recipes for these all-day pancakes, plus buckwheat-yogurt, banana with coconut syrup (yum!) and more, *page 94.*



Photograph by Irwin Horowitz

Pancakes

continued

DAISY'S GRIDDLE CAKES
pictured on page 92

A delicate, light pancake fashioned by food assistant Susan Sarao's Aunt Daisy.

1 cup all-purpose flour
2 tablespoons sugar
2 teaspoons double-acting baking powder
½ teaspoon salt
1 egg, slightly beaten
1 cup milk
2 tablespoons butter or margarine, melted
1 teaspoon vanilla extract

In a large bowl combine dry ingredients. In another bowl combine remaining ingredients. Add dry ingredients and stir until just combined.

Preheat griddle; grease if necessary. Using ¼ cup batter for each, bake pancakes 3 to 5 minutes. Turn and bake other side. Makes about 8, about 125 calories each.

BLUEBERRY PANCAKES

Prepare batter as above. Gently fold in 2 cups fresh or frozen (defrosted and drained) blueberries. (If blueberries are extra tart, sprinkle on 1 tablespoon sugar before folding into mixture.) Proceed as above. Makes 10, about 180 calories each.

CORN PEPPER PANCAKES
pictured on page 92

Add more chili powder or pepper sauce if you lean toward the incendiary.

½ cup all-purpose flour
1 tablespoon sugar
1 to 1½ teaspoons chili powder
¾ teaspoon double-acting baking powder
½ teaspoon salt
2 eggs, slightly beaten
1 can (12 oz.) Mexican-style corn, drained
⅓ cup milk
2 tablespoons butter or margarine, melted
Dash bottled red pepper sauce
Salad oil for griddle

In a medium bowl combine dry ingredients. In another bowl combine remaining ingredients except salad oil. Pour into dry ingredients and stir until well mixed.

Preheat griddle; grease if necessary. Using about ¼ cup batter for each, bake pancakes 4 to 5 minutes. Turn and bake other side. Makes 10, about 95 calories each.

RISOTTO PANCAKES
pictured on page 92

These rice pancakes are a splendid accompaniment to almost any meat dish.

1 tablespoon butter or margarine
1 medium onion, finely chopped
1 garlic clove, minced or crushed
2 cups chicken broth
1 cup long-grain rice
¼ teaspoon salt
½ cup grated Parmesan cheese
1 egg, slightly beaten
½ cup dried bread crumbs
⅓ cup salad oil for frying

Melt butter or margarine in medium saucepan. Add onion and garlic and sauté over medium heat until tender, about 5 minutes. Pour in broth and heat to boiling. Add rice and salt. Reduce heat to low, cover and cook 20 minutes. Remove from heat, add Parmesan and cool 10 minutes; add egg.

Using ¼ cup for each, shape rice mixture into patties. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours.)* Dip into bread crumbs. In large skillet heat oil. Cook pattjes a few at a time over medium heat until golden; about 4 to 5 minutes. Turn and cook other side until golden. Keep warm. Makes 12, about 160 calories each.

SWISS POTATO PANCAKES
pictured on page 93

Not the run-of-the-mill potato pancakes, these feature cream and Swiss cheese.

4 cups shredded potatoes (about 1½ lbs.)
1 package (3 oz.) cream cheese, softened
2 eggs
2 tablespoons flour
½ cup diced Swiss cheese
2 tablespoons grated onion
½ teaspoon salt
⅛ teaspoon black pepper
Dash red pepper
3 tablespoons butter or margarine
3 tablespoons salad oil

Drain potatoes in colander. (Squeeze out as much moisture as possible with hands or back of wooden spoon.) Set aside.

In medium bowl beat cream cheese until fluffy. Add eggs one at a time, beating well after each addition. Add flour and beat until combined. Stir in potatoes, cheese, onion, salt and peppers.

Heat butter or margarine and oil in a large skillet. Using ¼ cup batter for each, pour into skillet and flatten slightly. Cook about 5 minutes, turn and cook other side until golden and crispy. Drain on paper towels. Makes about 10, about 185 calories each.

ZUCCHINI PANCAKES
pictured on page 93

A terrific vegetarian dish.

3 medium zucchini (1¼ lbs.), grated
⅓ cup grated Parmesan cheese
¼ cup all-purpose flour
1 teaspoon double-acting baking powder
½ teaspoon salt
Pinch black pepper
2 eggs, slightly beaten
½ cup chopped onion
Salad oil for griddle

Place grated zucchini in a colander and squeeze out as much moisture as possible with hands or back of a wooden spoon; set aside. In large bowl combine dry ingredients. Add eggs, zucchini and onion and mix until combined.

Preheat griddle; grease if necessary. Using ¼ cup batter for each, pour into skillet and flatten slightly to about ½-inch thickness. Cook 4 to 5 minutes until golden, turn and cook other side. Makes 10, about 65 calories each.

BUCKWHEAT-YOGURT PANCAKES

Yogurt is a new twist on an old favorite.

1 cup buckwheat flour
¾ cup all-purpose flour
1 tablespoon sugar
2 teaspoons double-acting baking powder
1 teaspoon baking soda
¾ teaspoon salt
2 eggs, separated
¼ cup butter or margarine, melted
2 cups plain low-fat yogurt

In large bowl combine dry ingredients. In small bowl combine remaining ingredients except egg whites; add to dry ingredients. Mix until just combined. In small bowl with mixer at high speed, beat egg whites until stiff but not dry. Fold into the buckwheat-yogurt mixture.

Preheat griddle; grease if necessary. Using ¼ cup batter for each, bake pancakes 3 to 5 minutes. Turn and bake other side. Makes about 14, about 115 calories each.

BANANA PANCAKES WITH COCONUT SYRUP

A touch of the tropics maybe. You don't have to go with the coconut syrup, but it's a nice addition.

2 eggs, separated
1½ cups mashed banana
1 cup milk
1 tablespoon butter or margarine, melted
1 cup all-purpose flour
2 tablespoons sugar
1 teaspoon double-acting baking powder
½ teaspoon baking soda
½ teaspoon salt
⅛ teaspoon cinnamon
Syrup
¾ cup canned cream of coconut
2 tablespoons butter or margarine
1 tablespoon lemon juice

In a medium bowl combine egg yolks, banana, milk and melted butter or margarine. In a large bowl combine remaining ingredients except egg whites and syrup. Add banana mixture to dry ingredients, stir until just blended.

In small mixer bowl with mixer at high speed, beat egg whites until stiff but not dry. Fold into banana mixture.

(continued on page 100)

PANCAKE TIPS

- When using an electric griddle or skillet, check manufacturer's instructions. Most recommend 375°F. for pancakes.
- For a stove top griddle or skillet, preheat over medium-high heat. To test temperature: Sprinkle on a few drops of water. They should sizzle and bounce before evaporating.
- Stir batter only until mixed. A lumpy batter makes tender pancakes.
- Pancakes are ready to turn when tops are puffy and full of breaking bubbles. (The underside should be golden.) Turn only once. Second side bakes in half the time of the first.
- Serve pancakes at once. If not possible, keep warm on rack in 200° F. oven.

Hot sandwiches taste better when you remember the Campbell's



olden Tomato Rabbit

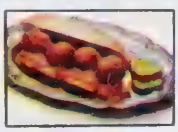
slices bacon
medium onion, chopped
can (10¾ ounces) Campbell's Tomato Soup
cup milk
cup shredded, sharp process cheese
ast points



saucepan, cook bacon until isp; remove and crumble. Cook ion in drippings until tender. lend in soup, milk and cheese. eat until cheese melts; stir occaonally. Serve over toast; garnish ith bacon and parsley. Makes out 1½ cups.

Italian Meatballs with Mushrooms

1 lb. ground beef
½ lb. hot Italian sausage (casing removed)
½ cup fine, dry bread crumbs
1 egg, slightly beaten
½ cup finely chopped onion
½ tsp. salt
1 can Campbell's Golden Mushroom Soup
¼ cup water
1 small clove garlic, minced
¼ tsp. oregano leaves, crushed
6 long, hard rolls, slit and toasted



Mix thoroughly beef, sausage, bread crumbs, egg, onion and salt; shape into 24 meatballs. In skillet, brown meatballs; pour off fat. Add soup, water, garlic and oregano. Cover; cook over low heat 20 minutes or until done. Serve in rolls. Makes 6 sandwiches.

Easy Eggs Benedict

1 can Campbell's Cream of Mushroom Soup
3 egg yolks
2 tbsp. lemon juice
Generous dash hot pepper sauce
½ cup melted butter or margarine
Sliced Canadian bacon or ham, heated
English muffins, split and toasted or toast
Poached eggs



In blender, combine soup, egg yolks, lemon juice and hot pepper sauce. Cover; blend on high speed a few seconds. With blender *still* on high speed, remove cover. *Very slowly* pour butter in a steady stream into soup mixture. Blend 3 minutes more or until thick. Pour into saucepan. Heat; stir occasionally. Arrange bacon on muffins; top with eggs. Pour sauce over all. Makes 6 servings.

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Sneak Preview:

KRAFT Grated Parmesan

PRIMAVERA PIE

4 cups (8 ozs.) noodles, cooked, drained
½ cup (2 ozs.) shredded KRAFT Sharp Natural Cheddar Cheese
¼ cup (1 oz.) KRAFT Grated Parmesan Cheese
2 eggs, slightly beaten
½ teaspoon salt

* * *

1 4-oz. pkg. pepperoni slices
1 cup cherry tomato halves
1 cup 1-inch broccoli piece
1 cup mushroom slices
¼ cup (1 oz.) KRAFT Grated Parmesan Cheese

Combine noodles, cheeses, eggs and salt, mix lightly. Pour into greased 10-inch pie plate. Bake at 350° 20 minutes.

Fry pepperoni until edges curl. Add vegetables; cook until tender. Stir in cheese. Spoon over noodle mixture. Cut into wedges. **8 servings**



DELICIOUS NEW DISHES.



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WILTED SPINACH SALAD

⅓ cup KRAFT Herb and Garlic or Italian Dressing
2 tablespoons finely chopped onion
¼ teaspoon pepper
½ qts. torn spinach
4 crisply cooked bacon slices, crumbled
cup (1½ ozs.) KRAFT Grated Parmesan Cheese
1 hard-cooked egg, chopped

ombine dressing, onion nd pepper; heat. ombine spinach, acon and cheese. ss with dressing p with egg servings



POTATOES ELEGANTE

6 medium potatoes, peeled, thinly sliced
⅓ cup SQUEEZE PARKAY Margarine
1 cup (4 ozs.) KRAFT Grated Parmesan Cheese

Rinse potatoes; dry thoroughly. Brush 1 tablespoon margarine on bottom and sides of 9-inch pie plate; sprinkle with 1 tablespoon cheese. Toss potatoes with remaining margarine. Layer half of potatoes on bottom and sides of pie plate; sprinkle with half of cheese. Repeat layers. Bake at 400°, 1 hour or until potatoes are tender. Invert immediately onto serving plate.
4 to 6 servings



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SPAM® ENCHILADA

One 1-3/8 oz. envelope enchilada sauce mix
One 15-oz. can tomato sauce
¼ cup water
6 to 8 flour or corn tortillas, sautéed in butter
Grated Cheddar cheese
One 12-oz. can SPAM® Luncheon Meat, diced

Combine sauce mix, tomato sauce, and water until smooth; add SPAM. Place a generous spoonful of SPAM mixture in center of each tortilla. Roll tortilla and place, seam side down, in shallow baking dish. Top with remaining SPAM mixture, then grated cheese. Bake in preheated 350° oven for 20-25 minutes. Garnish with sliced green onions. Serve with rice. Makes 3-4 servings.



A LOT OF MEALS.
BUT NOT A LOT OF MONEY.

Hormel

Pancakes

continued from page 94

Preheat griddle; grease if necessary. Using ¼ cup batter for each, bake pancakes 3 to 5 minutes. Turn and bake other side. Makes 12, about 100 calories each without syrup. Serve with Coconut Syrup.

To prepare syrup: In small saucepan combine coconut cream, butter or margarine and lemon juice. Heat until butter or margarine is melted. Serve with pancakes. Makes a scant cup, about 85 calories per tablespoon.

MUSHROOM PANCAKES

Highly recommended as a side dish for a family meal or festive dinner party.

¼ cup plus 1 tablespoon butter or margarine
1 pound fresh mushrooms, finely chopped
1 medium onion, finely chopped
¼ to ½ teaspoon salt
Dash pepper
Dash nutmeg
2 eggs, separated
⅓ cup dried bread crumbs
Sour cream or lemon juice, if desired

In large skillet melt ¼ cup butter or margarine. Add mushrooms, onion, salt, pepper and nutmeg and cook over medium heat until the moisture from the mushrooms has evaporated, about 10 minutes. Cool to room temperature. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours.)* Stir egg yolks into mushroom mixture, then mix in bread crumbs.

In small bowl with mixer at high speed, beat egg whites until stiff but not dry. Fold into mushroom mixture.

Preheat griddle, grease with remaining butter or margarine. Using ¼ cup batter for each, pour into skillet and flatten to ½-inch thickness. Cook 4 to 5 minutes, turn and cook other side. Serve with sour cream or a squeeze of fresh lemon. Makes 8, about 125 calories each. Add 28 calories per tablespoon sour cream.

KUHLMAN PANCAKES

Our food editor got this recipe from h doctor in her San Diego days. They i mediately became a family favorite. T them with sour cream or yogurt a strawberry preserves for a real treat.

1 cup whole wheat flour
2 tablespoons sugar
½ teaspoon salt
½ teaspoon double-acting baking powde
½ teaspoon baking soda
1 egg
1½ cups buttermilk
2 tablespoons butter or margarine, melte

In a large bowl combine dry ingredient In another bowl, beat egg. Stir in butte milk and melted butter or margarin Pour into dry ingredients and mix unt combined.

Preheat griddle; grease if necessar Using about ¼ cup batter for each, bak pancakes about 4 to 5 minutes, turn an bake other side. Makes 10, about 95 cal ries each.

SOUR CREAM APPLE PANCAKES

Sour cream and grated apples contribu to this moist, luscious pancake—good fo breakfast, brunch or as a pork/ham a companiment.

¾ cup all-purpose flour
¼ cup sugar
½ teaspoon baking soda
½ teaspoon salt
¼ teaspoon cinnamon
1½ cups grated apple (2 large apples)
1¼ cups sour cream
1 egg, slightly beaten
1 teaspoon vanilla extract

In large bowl combine dry ingredient In another bowl combine remaining i gredients and mix well. Add to dry ingre dients and stir until just blended.

Preheat griddle; grease if necessar Using ¼ cup batter for each pour int skillet and flatten slightly; bake pancake about 3 to 5 minutes. Turn and bak other side. Makes about 12, about 11 calories each. **En**



"I can never remember. Are you fully wood burning or are you just supplemental solar?"

Stir-Fry

continued from page 91

-frying is one of our favorite ways to together a tasty meal in under an Plus, stir-frying is easier now than The chopping, slicing and shredding s once associated with this kind of ng have been eased by the handy processor.

e real star in this story is LHJ's Stir- auce, the basis of all our eight reci- Most of the ingredients are easy gh to find on supermarket shelves, gh fresh ginger root may call for a bit king. But it is far superior to ground r, hence it's worth the effort to track . Once found, there are two meth- f keeping fresh ginger almost indefi- . Peel the whole root, place in a jar cover with cooking sherry. Then jar tightly and refrigerate. Or, e the unpeeled ginger root, tightly ped. Cut off only as much as you for a recipe; peel and grate while rozen.

fore starting to stir-fry, make sure all preparation is complete: Measure dients and have utensils ready. One ional tip: Raw meat, fish or poultry slice more easily if partially frozen, his is not essential. Actual cooking will be brief—no time to stop and . Heat wok or skillet until very hot. oil; wait a moment for it to heat up, add foods according to recipe in- tions. Using a spoon or spatula (non- l if you have a non-stick surface), under the food and turn it. Food in wok should be kept moving con- ly so it all comes into contact with hot oil. Keep scooping and turning food is browned—and ready to .



LHJ'S STIR-FRY SAUCE

lespoons dark brown sugar
p cornstarch
spoons fresh minced ginger root
ubstitute 2 teaspoons ground ginger fresh is not available)
rlic cloves, crushed
p naturally brewed soy sauce
p dry sherry
aspoon bottled red pepper sauce
lespoons red wine or distilled white negar
cups beef or chicken broth

bine all ingredients except broth in der container or work bowl of food essor; cover and process until oth. Pour into jar; add broth and e. Or if you don't have a blender or food processor, combine all ingredients in a 1-quart screw-top jar and shake well.

Store in refrigerator 10 days to 2 weeks. (Or freeze in 1-cup portions up to 3 months. Thaw at room temperature 2 hours.) Shake before using. Makes 4 cups.

PORK WITH BROCCOLI AND CHERRY TOMATOES
pictured on page 90

Don't overcook the broccoli—it should be nice and crunchy.

1 pound boneless pork shoulder or loin, trimmed, partially frozen
1 cup LHJ's Stir-Fry Sauce
2 tablespoons cornstarch
1 bunch broccoli (about 1½ lbs.)
Salad oil
1 pint cherry tomatoes, halved

Cut pork into ¾ x ⅛-inch slices. Flatten each piece with side of heavy knife or cleaver. In small bowl toss meat with ¼ cup Sauce and cornstarch; set aside. Cut broccoli into flowerets. Slice stalks; set aside.

Heat wok or large heavy skillet. Add 3 tablespoons oil and heat until hot but not smoking. Add a few pork pieces and stir-fry until browned and crispy. Remove with tongs or slotted spoon and keep warm. Continue with remaining pork. If necessary, add additional tablespoon oil. Add broccoli; stir-fry until it turns a bright green, about 4 minutes. Add cherry tomatoes and return pork to wok. Stir to combine, then add remaining Sauce. Stir gently until thickened and mixture is heated through. *(continued)*

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Serve immediately. Makes 4 servings, about 410 calories each.

CHICKEN IN LETTUCE PACKAGES

Instead of little pancakes (à la Moo Shu Pork), we wrap this crunchy chicken filling in crisp lettuce leaves. Or serve as is.

1 cup LHJ's Stir-Fry Sauce
1 teaspoon steak sauce
2 whole chicken breasts (about 1 lb.), skinned, boned, diced
1 tablespoon cornstarch
1 tablespoon soy sauce
2 tablespoons salad oil
1 cup chopped celery
1 cup fresh bean sprouts
1 can (8 oz.) water chestnuts, drained and chopped
1 head iceberg lettuce, separated into leaves

Combine Sauce with steak sauce; set aside. In medium bowl combine chicken, cornstarch and soy sauce. Heat wok or large heavy skillet. Add oil and heat until very hot but not smoking. Add chicken and stir-fry about 1 minute. Add celery and stir-fry 30 seconds. Add bean sprouts and water chestnuts. Stir; add Sauce mixture. Cook, stirring gently, until sauce thickens. To serve, place about 2 tablespoons filling on each lettuce leaf. Roll up. Serve immediately. Makes 4 servings, about 390 calories each.



SZECHUAN BEEF AND TOFU

Tofu (bean curd) is often available in supermarket produce departments, or at green grocers or health food stores. If you haven't experimented with tofu, do try this dish—it's grand.

2 tablespoons salad oil
2 garlic cloves, minced
4 green onions, chopped (about ½ cup)
¼ teaspoon red pepper flakes
¼ pound ground beef
1 cup LHJ's Stir-Fry Sauce
1 pound tofu (bean curd), cut into ½" cubes
1 pound fresh spinach, washed, stems removed and torn into bite-size pieces

Heat wok or large heavy skillet until hot. Add oil and heat until hot but not smoking. Add garlic, green onions and red pepper flakes and stir-fry a few seconds. Add ground beef and stir-fry 2 to 3 minutes until meat is browned. Add Sauce and stir until thickened. Add tofu and spinach. Cook, stirring gently, until spinach is wilted and mixture is heated through. Serve immediately. Makes 4 servings, about 305 calories each.

VEGETABLES CANTONESE

A vibrant mélange of quickly cooked vegetables makes an attractive side dish.

3 tablespoons salad oil
1 cup cauliflower flowerets
1 cup thinly sliced carrots
1 cup thinly sliced zucchini
1 large onion, sliced and separated into rings
½ teaspoon salt
1 cup LHJ's Stir-Fry Sauce

Heat wok or large heavy skillet. Add oil and heat until very hot but not smoking. Add cauliflower and stir-fry 1 minute. Add carrots and stir-fry 2 minutes. Add zucchini and stir-fry 2 minutes. Add onion and stir-fry 1 minute more. Add salt and Sauce and cook, stirring gently, until thickened. Serve immediately. Makes 4 servings, about 175 calories each.

CHICKEN WITH PEPPERS

The fresh ginger, although a great flavor boost, can be eliminated if not readily available.

2 whole chicken breasts (about 1 lb.), boned, skinned and partially frozen
1 tablespoon cornstarch
¼ teaspoon salt
4 tablespoons salad oil
1-inch chunk fresh ginger root, peeled
¼ teaspoon red pepper flakes
1 red pepper, cut into julienne strips
1 green pepper, cut into julienne strips
1 cup LHJ's Stir-Fry Sauce

Cut chicken into 2x¼-inch strips. Sprinkle with cornstarch and salt. Toss to mix well; set aside.

Heat wok or large heavy skillet. Add 3 tablespoons oil and heat until very hot but not smoking. Add chicken and stir-fry until browned; remove and set aside.

Heat remaining oil in wok. Add ginger and red pepper flakes and stir-fry about 30 seconds. Add peppers and stir-fry about 1½ minutes. Add Sauce and chicken and cook, stirring gently, until sauce thickens. Remove ginger and serve immediately. Makes 4 servings, about 395 calories each.

BEEF WITH CARROTS AND GREEN ONIONS

Other vegetables may be substituted for the carrots.

1 pound beef flank or round steak, partially frozen
2 tablespoons cornstarch
1 cup LHJ's Stir-Fry Sauce
3 carrots
1 bunch green onions
3 tablespoons salad oil

Slice beef into thirds lengthwise. Cut crosswise into thin diagonal slices about ¼ inch thick. Place in a small bowl with cornstarch and 2 tablespoons Sauce. Toss to mix well; set aside to marinate at least 15 minutes.

Cut carrots and green onions in julienne strips about 2 inches long, keeping vegetables separate.

Heat wok or large heavy skillet. Add oil and heat until very hot but not smoking. Add sliced meat and stir-fry about 2 minutes or until browned. Add carrots and stir-fry 2 minutes. Add green onions and remaining Sauce. Stir gently until sauce is thickened, about 2 minutes. Serve immediately. Makes 4 servings, about 4[illegible] calories each.

HOT AND SPICY NOODLES

Lots of crunch and color in this highly seasoned dish.

3 tablespoons creamy peanut butter
¼ cup warm water
1 cup LHJ's Stir-Fry Sauce
⅛ teaspoon red pepper flakes
2 cups (4 oz.) fine egg noodles, uncooked
3 tablespoons salad oil
1 cup shredded Chinese cabbage
1 package (10 oz.) frozen green peas, thawed
1 cup cooked diced ham (about ¼ lb.)
2 cups fresh bean sprouts
¼ cup chopped radishes
¼ cup chopped green onions

In small bowl combine peanut butter and water until smooth. Stir in Sauce and red pepper flakes; set aside.

Cook noodles according to package directions; drain. Meanwhile, heat wok or large heavy skillet. Add oil and heat until very hot but not smoking. Add cabbage and stir-fry 1 minute. Stir in peas, ham and sprouts. Add cooked noodles and peanut butter mixture. Cook, stirring until sauce is thickened, about 2 minutes. Top with radishes and green onions. Serve immediately. Makes 4 servings, about 410 calories each.

FISH WITH MUSHROOMS AND GREEN BEANS

Anytime you are using frozen fish fillets, defrost them only partially before slicing and cooking.

1 pound fish fillets
1 egg white
3 tablespoons cornstarch
¼ cup salad oil
½ pound fresh green beans, cut into 1-inch pieces
½ pound mushrooms, thinly sliced
1 cup LHJ's Stir-Fry Sauce

Slice fish into 2x1x¼-inch pieces. Coat with egg white and toss in cornstarch.

Heat wok or large heavy skillet until very hot. Add 3 tablespoons oil and heat until hot but not smoking. Add fish pieces a few at a time, turning carefully to prevent crumbling. Remove from wok. Repeat with remaining fish.

Heat remaining oil and add beans. Stir-fry 30 seconds. Add mushrooms and stir-fry 30 seconds more. Return cooked fish to wok or skillet. Add Sauce and stir gently until thickened and mixture is heated through. Serve immediately. Makes 4 servings, about 315 calories each. **End**



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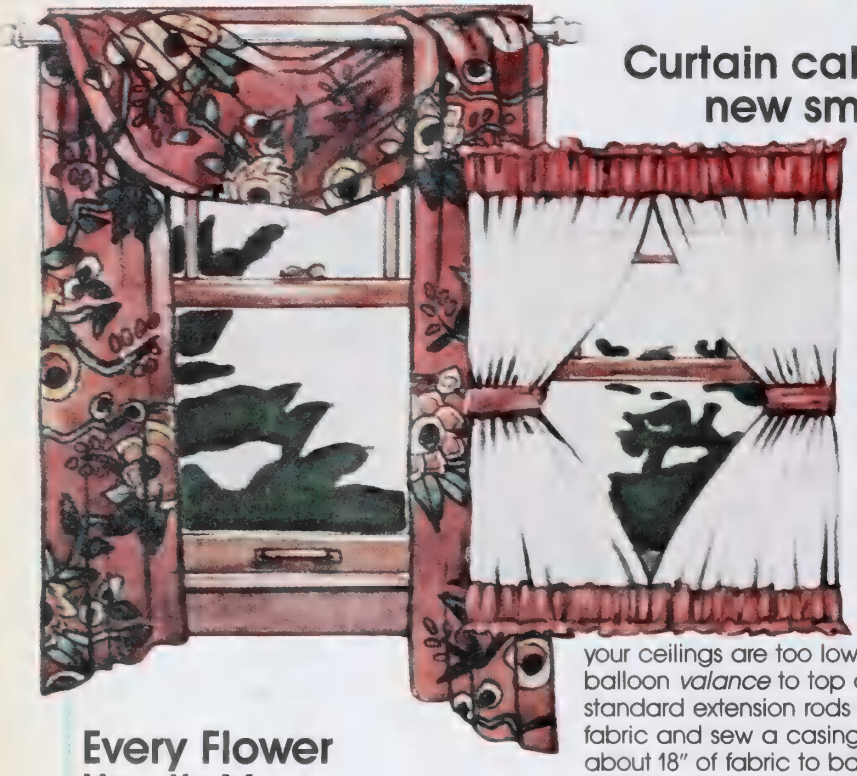
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HOME JOURNAL



Curtain calls: Create new smash openings

Applause, applause! You'll get rave reviews for these fast, easy and inexpensive ways with windows. . . . • If you now have blinds or shades and want a softer, more romantic look, try this. Drape a long piece of hemmed fabric over and under a wooden curtain rod (far left) allowing the material to free fall into folds. Simple—and you can change the fabric at whim. • For a charming country look (near left), use new valance-sized rods across top and bottom, reverse hour-glass curtains in between. These larger rods (4½" wide) can give an impressive heading to any window treatment. For instance, to "finish" the top of plain shades or blinds, simply sew a casing of fabric to cover the rod (less expensive than adding a cornice). Continental rod from Kirsch, 24-48", about $7; brackets extra. • Up, up and away. If you love the full-blown look of balloon shades, but your ceilings are too low or windows too small, compromise. Make a balloon *valance* to top off your curtains (not illustrated). Hang two standard extension rods 12-14" apart in front of the drapes. Select a crisp fabric and sew a casing about 2" from the top (creating a ruffle). Allow about 18" of fabric to balloon out; make another casing along bottom edge. Shirr onto both rods and let billow.

Every Flower Has its Vase

Clearly basic, this trio of vases holds all (left to right): • Classic Aalto vase, 6¼" high, roomy enough for a bunch of anemones. By Iittala, $70. • All-purpose cylinder, for everything from gladioli to mums, 11" tall. By West Virginia Glass Co., $7. • For the perfect rose, a 7½" bud vase, by Lenox Crystal, $15.



Breathing Easy

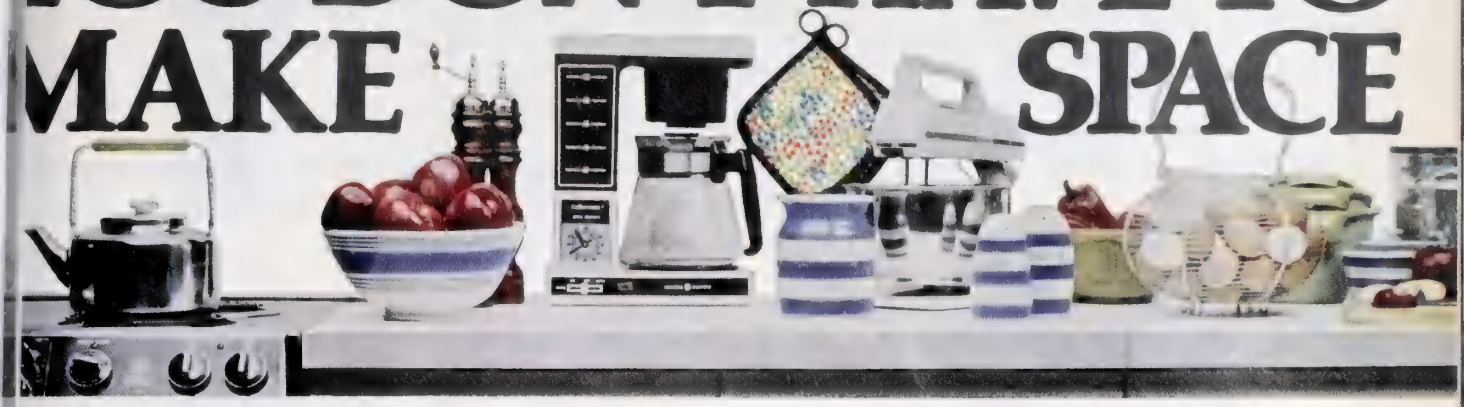
How many times have you seen this caution—USE WITH ADEQUATE VENTILATION—on a household product? But do you know what "adequate" actually means? According to Dr. Daniel T. Teitelbaum, a Denver, Colo., toxicologist: Fresh, uncontaminated air should be moving fast enough to clear fumes awdy from your breathing zone. • How to check? Wet your finger. If it dries in 2-3 seconds, the ventilation is okay. Another way: Hold a small piece of tissue in front of you. Let go—if quickly carried away, air flow is sufficient. • In spite of potential hazards, any of the products can be used safely with some basic precautions. Simply opening a window or door may not be enough. Test even if you're working outside (air may be too still). General rules: Never work in small enclosed spaces, under anything or at ceiling level. • To circulate air: Position a portable fan to blow air away from you, toward an open window. Or, if you have an exhaust fan, turn it on, open windows. [• Look for the cautionary labels on such products as furniture strippers, varnishes, spray paints, oven cleaners.]

Let the Sun Shine

Is the high cost of fuel getting you down? Learn more about saving with solar energy. For do-it-yourself tips, including information on building a passive solar room addition, write: Solar, Dept. JOT, P.O. Box 1607, Rockville, Maryland 20850.

Border by Raymond Ameijide. Illustration by Bill Ersland. Photograph by Dennis DiChiaro.

YOU DON'T HAVE TO MAKE SPACE



You don't have to crowd your countertops or rearrange your kitchen for the Spacemaker Microwave Oven from General Electric. It fits right over your range, where it's out of your way and still easy to get to. And the Spacemaker oven comes with an exhaust fan and work light for your range.

The Spacemaker oven doesn't just save counter space; it gives you plenty of cooking space. Room for a 3-quart casserole or a 12-lb. turkey, and wide enough to hold two serving dishes side by side. So you can cook two whole dishes or reheat a meat and a vegetable at the same time.

But maybe the most amazing thing about the Spacemaker oven is its Automatic Cooking Control, an electronic sensor system that makes microwave cooking easier. It allows you to prepare everything from frozen entrees to casseroles without worrying about time, temperature, or power settings. Just indicate the kind of food you're cooking, press the start button, and that's all you do until your food is ready. Even roasts can be automatically cooked "rare," "medium," or "well done." Also a 3-digit Cook Code™ control automatically lets you prepare hundreds of recipes found in the GE Cookbook.

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By Roger Caras

Does It Make Sense to Get a Watchdog?

We chose our small suburban community because we thought it would be a tranquil, safe place to raise a family. But in the past year three homes on our block have been burglarized. We're thinking of getting a dog to protect us. Can we find an animal who will make a good pet for our kids and will, at the same time, offer us a measure of security?



My answer to you, and other readers who ask about the advisability of owning a watchdog, is basically yes. But there are some important provisos. There are many breeds that make fine pets and provide increased home protection, but it's important to pick the right type of dog.

I think what you need is a pet who doubles as a watchdog rather than a professionally trained guard dog. These animals, in my view, don't belong in private homes. They are trained to attack and mutilate. And the real problem is that you can't trust any dog to distinguish between the innocent stranger you've invited to your home and an unwelcome intruder. A mistake by an attack-trained guard dog can be fatal. Each year people are killed or severely maimed by attack dogs. These animals don't simply bark or bite, they savage what they go after.

Picking a watchdog. A home watchdog's job is to bark. And then bark some more. His function is to announce intruders, not destroy them. There are many canines who will fit the watchdog bill, but some are more suited to the job than others. What you want is a dog with an assertive personality, a sense of territory and protective instincts.

In this respect terriers are terrific. They are very territorial. Their turf is sacrosanct and they will bark up a storm when strangers approach. Many of the toys, such as the diminutive Yorkshire terrier and the Toy Poodle, are fine at the job. So are the working dogs such as the Doberman Pinscher, the German Shepherd, the Boxer and the Corgi. The big voices of the Mastiff, Bull Mastiff, Great Dane and Rottweiler are effective in intimidating strangers. The Bulldog, a non-sporting breed, is a good choice, too. And remember that randombred dogs can make super watchdogs as well as good companions.

While many dogs are protective by nature, certain breeds tend to be indifferent to guard duty. Sporting dogs—retrievers, setters and spaniels—fall into this category. So do hounds for the most part. But there are no hard and fast rules. The presumably ideal "police" dog may turn out to be a pussycat with strangers while an individual hound dog may turn out to be a great house-and-grounds watcher.

Training your dog to protect you. If you've picked the right pet as a watchdog, you should be able to count on his natural protective instincts. Your pet should not need further education beyond basic obedience training. As his master you should reward him for being properly alert to strangers. And show him your displeasure when he overdoes it. There's a difference between an alert watchdog and an annoying yapper. A hyperactive dog that barks every time a car passes on the street outside your home should be curtailed.

Once your dog learns the meaning of "No," you can begin to make him understand when enough is enough. It's a mistake to actively encourage your watchdog's aggressive tendencies because he won't always know when it's appropriate to let loose. Your pet may not be able to tell, for instance, when your child is wrestling in fun with a friend and when he's fending off an attacker.

But even a dog who isn't trained to attack may dramatically come to his owner's rescue in an emergency. Somehow dogs sense when we're in real danger. They seem to "smell" our fear. In fact, when we're under attack the flow of adrenalin does cause a change in body odor. It is believed that dogs can detect this odor and sense its significance.

But remember, even a loving, alert watchdog can't provide you with perfect protection. A professional criminal who is determined to break into your home will know how to neutralize your barking watchdog and even a professional attack dog. On the other hand, a random neighborhood burglar who must work quickly and without detection may prefer to bypass you. Your yapping watchdog may convince him that breaking into your home will be more trouble than it's worth. **End**

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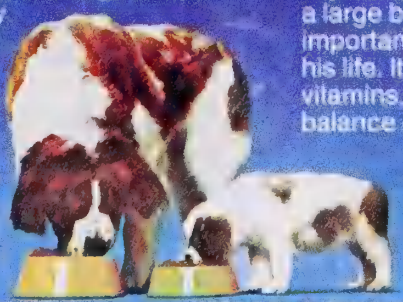


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PURINA

Would looking younger make you feel more confident at work?



You know you're good at your job. Running a household and raising a family gave you the inventiveness and organizational expertise that are necessary in the business world. You're already preparing for the next step, going to adult education classes or maybe a company training program to acquire additional skills. But sometimes, when they hire a new co-worker fresh out of school, with a bright young face and bright ideas, you wonder if you're moving ahead as rapidly as you should. That's when looking younger could well give your confidence a welcome boost.

Join the younger-looking women around the world who have discovered the secret of a mysterious beauty fluid. This beauty fluid, which can help you look younger too, is known in the United States as Oil of Olay.®

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Other people will be able to notice the difference you see in your mirror. That young woman recently hired in your department may be too tactful to mention the change in your appearance. She might simply say, "You look very nice today" or "New dress? It's a pretty color on you."

Younger-looking women around the world include Oil of Olay as an essential part of their daily beauty ritual. When will you choose to experience the unique beauty fluid? Surely in the morning, after washing or cleansing, to help replenish the vital fluids cleansing can take away and as a superb makeup base. Oil of Olay penetrates so quickly, without looking or feeling greasy, that cosmetics smooth on easily and evenly in seconds. They remain fresher-looking longer too. And Oil of Olay, all by itself, leaves your face so dewy-fresh and glowy that some days you may decide not to wear makeup at all.

When else might you choose to gentle on the light, silky fluid? Any time your face feels dry or taut . . . perhaps from exposure to sun or harsh weather, air conditioning or steam heat . . . let Oil of Olay help maintain your skin's rich reservoir of fluids. And last thing at night, so your skin can sleep for hours in its own luxuriously moist climate.

If looking younger would make you feel more confident on the job, wouldn't it be a good idea for you and Oil of Olay to go to work together.

BEAUTY SECRETS



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LHJ's DOCTOR

DO HEART PALPITATIONS MEAN YOU'RE HAVING A HEART ATTACK? WHAT EVERY WOMAN SHOULD KNOW ABOUT HEART DISEASE.

By Michael J. Halberstam, M.D.

"Doctor, I Think I'm Having a Heart Attack"

I was just about to turn off the eleven o'clock evening news when the telephone rang.

"This is Marie Castell," the voice on the other end of the line said. **"I think I'm having a heart attack."**

"When did the problem start?" I asked, quickly trying to put the name together with her medical history. She wasn't a regular patient of mine, but I recalled that she was in her late 20s and had been healthy the few times I'd examined her in my office.

"I started having these little, almost like skipped beats in my chest last week," she said. She seemed to be gasping for air. **"Now, all of a sudden they've begun again. I feel like someone is popping popcorn in my chest."**

"Are you having any pain?"

"There's no pain, but I can't seem to take a deep breath," she answered. **"I'm frightened. My father had a heart attack last year."**

"Relax, I'm almost positive you're not having a heart attack. For one thing, you're not having any pain. And heart attacks are very rare in men under thirty, and even less common in women." Just to be on the safe side, I asked her to get a friend or relative (she seemed too upset to drive herself) to take her to a nearby hospital for tests. I called in advance to alert the emergency room staff.

When I arrived, the intern on duty handed me her cardiogram. I could tell at a glance that it was completely normal. My patient was sitting up in bed as I entered her room. She smiled sheepishly.

"I'm sorry. On the way to the hospital the fluttering stopped," she explained. **"I feel like a dope for calling you."**

"Don't apologize for being sick," I said. "You've been pretty healthy in the past, as I recall. So when something like this hits for the first time, you've got every right to be scared."

As I examined her, she provided a brief review of her medical history. She was 29, had never had a serious illness and there had been no recent changes in her health. She was not on any special diet, nor taking any medicines or drugs, other than the contraceptive pills she'd been using for two years. The "poppings" she complained of had been isolated at first, then came in more insistent bursts. Her physical examination was completely normal.

"Look, I think you're okay. You were probably having a form of irregular heartbeat. Go home and relax. And come into my office tomorrow afternoon."

The next day Marie was feeling fine. Another resting cardiogram was normal, as were her blood pressure and cholesterol. I asked her to exercise on my treadmill while I monitored her cardiogram again. When I stopped her 12 minutes later, she was panting and perspiring.

"There's no sign of heart disease at all," I told her. "Even putting a strain on your heart, as we just did when I asked you to exercise, created no irregularity in your heartbeat.

"The 'poppings' you felt are palpitations. The heart muscle is like a powerful spring that contracts and relaxes in a regular rhythm. Sometimes people experience contractions slightly ahead of schedule. To compensate, the heart takes a longer pause before the next beat, and then fills up with extra blood. As a result, the following beat is slightly more forceful than usual. Some people sense the early one, and feel as if their hearts are skipping a beat. Others are aware of that next, more potent beat. Still other individuals don't notice the irregularity at all."

"What causes the heart to have palpitations?"

"We don't really know. Fatigue, too much coffee or certain medicines in some patients. But most of the time, there's no discernible cause. Studies have shown that almost half of us have irregularities in our heartbeats at one time or another. People with genuine heart disease often experience these extra systoles, especially during exertion."

"How come you were so sure it wasn't a heart attack?" my patient wanted to know.

"A heart attack," I explained, "occurs when a coronary artery that supplies blood to the heart narrows and eventually becomes blocked. We call that narrowing 'arteriosclerosis' or 'hardening of the arteries,' and this condition takes a long time to build up. As I've said before, heart attacks are rare in people under thirty, especially women. They are seven to nine times more frequent in middle-aged men than in women in their forties, and four to five times more common in men than women in their fifties. After sixty the statistical gap lessens, but the numbers are still higher for men." *(continued)*

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YOU AND YOUR HEALTH

continued

"Why is that?"

"We're not certain. For a long t researchers thought that female h mones, estrogen, provided the extra p tection. But when men were given trogen to slow up their heart disease, hormones had little effect."

"What about stress?" my pat asked. **"Now that more women have manding jobs, will we start getting m heart attacks?"**

"Not necessarily. Among the vari risk factors that cause hardening of arteries, the role of stress is still unc to us. One leading researcher, Dr. Rob Eliot of the University of Nebraska, f it's not the degree of stress per se matters, but how the body reacts to t sion. A combination of stress from h work plus anger and frustration—w Dr. Eliot calls 'a joyless struggle'—se to speed up hardening of the arteries.

Women's special problems

"Certain types of heart problems more common in women. Rheum heart disease, caused by damage to heart that can occur with strep infectio is quite rare now. Others include Pr metal's angina, in which the coronary teries function normally most of the ti but occasionally go into spasms.

"There are two other very common usually benign conditions, especially women. Systolic clicks—sometim known as Barlow's syndrome or mi valve prolapse—can be heard by the d tor through his stethoscope, but not by the patient. It's the result of the s den snapping closure of an extra la mitral valve that fits imperfectly over opening. If we examine a random gr of healthy people, between ten and teen percent of the women, and five seven percent of the men, will have s tolic clicks.

"And your condition, palpitatio seems to be more frequent in wom However, since your heart is healt your resting EKG is normal and exer did not cause abnormal beats, I sugg you ignore the palpitations for now they trouble you again, we can give yo Holter test during which we attach a t EKG recorder to your chest for twen four hours. Then we can tell exactly w kind of extra heartbeat you have."

A week later she called my office report she was experiencing the palp tions again. So the next day I had wear a Holter recorder. It was a fortun coincidence that her palpitations c tinued through the day.

Her EKG indicated a shower of ben premature heartbeats. I gave her a co of the pertinent part of the EKG print for her to keep in her personal files.

(continued on page 1

BEARING UP

continued from page 75

aid, "Get dressed now, dear. Doctor will see you in his o." Even then I was trying to move into another dimen- n trying to leave the doctors and the nurse behind in that l ocratic world where statistics could outweigh human n ng.

Doug was waiting for me in the doctor's office with eyes filled pain and a face as pale as death.

e doctor looked tired and sad, facing the fact that his ssion could involve death as well as life. "Barbara, I cannot ou how sorry I am." Then he told me what he had already Doug. "My dear, the fetus is dead."

Fetus, I thought. Fetus? Then the word translated into ild." I clasped my hands across my abdomen as if I could ect my child from his words.

here is no longer a heartbeat," he said, and he talked t umbilical cords that could become twisted around fetal ck. "An accident of nature," he said, but I would not listen him. It was not a thing that could happen. Soon he would ge through the papers on his desk and discover that it was terrible mistake, that my baby was perfectly all right.

it was not a mistake. It was not all right. Our daughter delivered, dead. People came to the hospital and spoke in ed, urgent voices, but I tried not to hear them as I tried p hear the distant sound of babies crying. I tried not to see eed in Doug's face. I could not help him. I had nothing o give. I could only wrap myself around my pain like a ded animal curling in upon itself.

Doug took me home and I functioned, cooking and cleaning, here was one room I could not enter, the room with the bed and the stacks of little shirts and sweaters. There was m in my mind I could not enter either. And I did as the or had told me. I ate properly and I rested on a mat in the nine until my skin was sealed over with suntan. I exer- , too, until I reduced my womb to its normal size, to the useless knot I knew it to be.

Doug took me in for my checkup and the doctor tried to get o talk about it. "Try to let it out," he said. "Try to let go. must experience your grief before you can work through But I knew he was wrong. I could not let go for an instant, use I was as brittle as a crystal vase. One touch or one could shatter me, make me fly into a million pieces. The or walked out to the parking lot with us. I went to the car, ne and Doug stood and talked in the hard sunlight. I could them discussing psychologists and grief therapy, but they like figures on a TV screen, tiny actors moving through a na that had nothing to do with me. They decided that I ld go south and visit my parents for a few weeks. ange," the doctor said, "is sometimes therapeutic."

Doug took me to the airport. I had girded myself for the trip a hard-finish poplin suit, hard gloss lipstick and a silver to pull my hair into a tight bun at the nape of my neck. I ected my eyes with dark glasses. Doug held me close and I ted to give way, but I could only stand rigid within his s, smiling politely until we said good-bye.

put my forehead against the refrigerator. It was cold and l. It gave me nothing and it asked nothing of me.

y mother came into the kitchen and touched my shoulder. still have on your dark glasses, Barbara."

Oh. Yes."

Can I get you some lunch, dear?"

No. Nothing. Thank you."

But you're so thin—" Then, briskly: "Your father had to get to the office, but he'll be home early. Now, Barbara, I nised the aunts that we would drive out to see them this rnoon."

(continued)



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BEARING UP

continued

I pressed my fingertips against the cold steel. I had forgotten about the aunts, my two great-aunts who lived in a small town ten miles away. "Must we go, Mother? The heat—"

"But I promised, dear, and after all, they haven't seen you since—"

"I don't want to go. I can't."

"But, Barbara, I really think we ought to—" My mother stopped in mid-sentence and looked at me closely. There was a glint of excitement in her eyes.

I was too tired, suddenly, to deal with any more words. "Never mind. I'll go."

As she drove, my mother chatted with determined cheerfulness about old friends and family, but I could not listen. I was too much aware of the hot, southern summer outside the air-conditioned car and of the wild fertility it had produced in the countryside. Every ditch was grown over with plantain, every creek was overhung with pokeberries and oak and Virginia creeper. It was even more evident in the aunts' town. There were flowers crawling over fences, burgeoning hibiscus plants, and everywhere I looked, there were children playing.

We stopped in front of the old white house in its shady, unkempt yard. My great-grandfather's house. I followed my mother through the patch of shade under the elm tree and up the sagging steps to the front porch. She rang the bell and immediately a faint cry answered from somewhere deep in the house. "Come in! You all come right on in!"

My mother pulled open the screen door and went down the long, dim hall. I followed her, slowly, through the aunts' peculiar collection of family heirlooms and souvenirs, objects that lined the hall like rejects in an endless basement corridor of a museum. A moth-eaten deer head hung above an inlaid cabinet brought from China on a long-gone clipper ship. A worn, green velvet sofa crouched like a molting prehistoric monster beneath a plaster medallion from the Columbian Exposition of 1893. The walls were hung with portraits and faded photographs so familiar to me that I no longer saw them, but they registered upon my consciousness impressions of curls and mustaches, of chins forced up by lace chokers or by the high, stiff collars of out-dated military uniforms. The faces of my forebears, in which the soft jowls of easy living and the firm, set mouths of difficult lives recurred like hereditary characteristics. The faces stared down at me as they had when I was a child and had believed that they were watching me disapprovingly, as if to ask if I had done my homework and brushed my hair one hundred times and was I the one who had broken the pink candy dish.

My great-aunts were waiting at the end of the corridor, the last in the series of faces but not yet framed and mounted on the wall.

"Mercy, child!" There was a flurry of soft-lipped kisses and the scent of lilies-of-the-valley cologne mixed with a fleeting wisp of mildew. They pulled me through to the screened porch. "Mercy, let us look at you! Take off those dreadful dark glasses!"

"But the glare—"

"Nonsense, child! There's no glare here."

I took off my sunglasses and there was no glare, just a half-remembered, pale green glow, like sunlight under water on a summer day. The porch was partially enclosed by morning-glory vines, but I could look out at the sun-baked yard where sweet peas and four-o'clocks made ragged paths of color. My old swing still hung from the catalpa tree, a frayed, twisted rope with a notched board set in the loop. It turned slowly in the still air as if a child had left it swinging.

"Well, Barbara, I will say that khaki color makes your skin look as brown as a berry." Aunt Ellen, short and round and soft, twice a widow.

"I beg to disagree." Aunt Theora never failed to disagree with any statement. She was tall, thin and stiff, a template for a southern spinster two generations back. "I think her skin is the exact hue of those ripe apricots we had last week."

I turned away from their examination. The porch had not changed *(continued)*

FEBRUARY RECIPE INDEX

Here is a listing of recipes appearing in this issue includi those from the Journal kitchen and advertisements. All h been tested by our home economists.

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Enter Our Heritage Recipe Contest and Win Cash Prizes

Send us one or more favorite original recipes that have been created and/or passed along in your family—from your mother, grandmother, aunt, great-aunt, in-laws, etc. Old recipes are preferred, handed down as many generations as possible. Foreign, old-world or regional American favorites especially welcome. The recipe can be from any menu category—soup, appetizer, main course, salad, dessert, bread, whatever. Along with the recipe, please attach a brief history of how it came to you, anecdotes about the original cook and how the recipe may have been adapted. We will award first, second and third prizes—$300, $200, $100—and $25 for all other recipes used in our August 1981 Heritage Recipe feature. Deadline for entries is February 28, 1981.

Please type or print recipe legibly on one side of a sheet of paper. Be sure to include the number of servings and list ingredients in the order used. You may enter more than one recipe, but please no more than one recipe per sheet of paper. We reserve the right to edit and abridge recipes as necessary. Judging will be done by a panel of *Journal* editors and their decision will be final. Keep a copy of your entry, as we cannot acknowledge or return any entry. Employees or relatives of employees of Charter Publishing Company, its subsidiaries and affiliates, are not eligible for the contest. All rights, including all rights of copyright, in and to prize-winning entries will belong to and may be exercised by the *Ladies' Home Journal*. Before receiving a prize, a winner will be asked to sign a statement confirming that she has granted all rights, including all rights of copyright, in and to her entry to *Ladies' Home Journal*.

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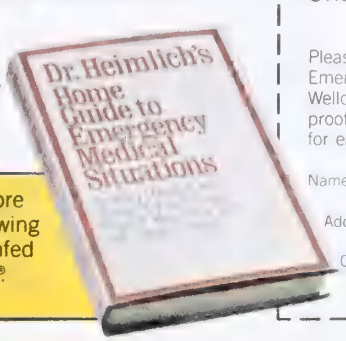
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BEARING UP

continued

since I was a child. Pots of lacy ferns in a white iron plant stand. A steel glider that had been painted white and green and white again until the fact that it was metal was almost disguised by the thick paint. White wicker chairs with the slapped-at dust of years shadowing the lattice work. Aunt Theora's chair was still upright and proper, but Aunt Ellen's had settled gently through the years until its wicker was strained and ragged.

My mother went into the kitchen and the aunts sat down, leaving me standing alone in the center of the porch. My sunglasses were gone and my poplin suit was already going limp in the humid air.

Aunt Ellen: "Sit down, child, there on the glider." I sat down and, as always, misjudged and had to hitch myself into place, but I was a grown-up now and my feet touched the floor. The faded, green and white striped cover on the cushion was waxy to my fingertips. I held onto the steel arm of the glider because it was cool and hard, even in that heat when everything seemed to be melting and running together. My mother came back with a tray and passed around lemonade.

"You got our letters?" Aunt Theora.

"Yes. Thank you."

"You didn't write. No matter. You knew we were thinking of you. You have recovered now?"

"Recovered. Yes."

"Your doctor says you can have more children?"

"Yes."

"And Douglas? Is he bearing up well?"

I pushed myself back against the waxy cushions. There it was. That was the reason I had not wanted to visit the aunts. I remembered what they, what this very house had always demanded of me. Bearing up. The southern trap of love and duty. Those faces in the hall had known tragedy: this family assumed you would suffer, perhaps even go to pieces for a time, but that in the long run you would pull yourself together and get on with it. Aunt Ellen, twice widowed. Bearing up.

"Doug is fine." I said hurriedly, hoping to end the interrogation.

"I'm sure you have been a help to him, child." Aunt Ellen.

"Blood tells." Aunt Theora.

Aunt Ellen took up her crocheting. "You are young, dear," she said reassuringly. "You can still have a family."

"You must not grieve," Aunt Theora said. "You must—"

"Theora, that's not right. Of course she must grieve."

"Sister, if you would be so kind as to permit me to finish my sentence—"

"Aunt Theora, Aunt Ellen, please!" my mother said, but both aunts ignored her.

"Theora, I should know. After all, when my dear Arthur passed on, I was—"

"But you will remember, Ellen, that I told you then—"

The sisters bickered on, but their soft voices faded in my consciousness. I stared out at the sunny yard. Under the broad leaves of the catalpa tree, the rope swing twisted slowly. For a moment I thought that I could see a child there, a little girl swinging toward me, higher and higher, leaning back on the board seat until her bare feet went high above her head, until her hair almost swept the ground, and then swinging back, away from me, with her hair swirling around her face. Was I that child? Or was it my child who had almost been? I blinked to clear the dampness from my eyes and the child was gone. The swing was empty. A stray eddy of air twisted the rope and the seat turned slowly, as if a little girl had jumped down and run away to some new adventure.

The smell of sweet peas and ferns and lemonade hazed with the muggy air and my hands began to sweat. I put the green glass against my forehead and the cool drops on the glass mingled with the beads of perspiration on my face.

My mother's worried voice cut through the aunts' soft dissension. "Barbara? Are you all right?" She touched my shoulder gently. The other half of the tradition of love and duty. Whatever happened, you were not alone. The family was always there to share your pain, to love you, to help you make a new beginning.

To share the pain? I looked up at my mother, but I could see only Doug's sad, wounded eyes. I had not shared his pain. I had retreated behind a wall of sorrow and left Doug outside, alone. Just when he needed me most of all. Just when we needed each other.

I would call him, right away. "Doug would say, "I'm sorry. Doug, I love yo And I would go home to him and gether we would begin the long pai process of recovery. We would learn, gether, about bearing up.

But for just a few minutes, there w my family around me, the living faces the porch and those firm still faces in hall, for those few minutes I did not h to bear up. I could let go.

I put my glass on the floor by my and leaned back in the glider. cushion pressed against the silver clas my hair and made it dig into the back my neck. I pulled out the clasp but slipped from my hand and clattered the floor. The aunts stopped their bick ing to look at it and then they looked me, their faces pale and wavering in watery light.

Quietly at first and then with gr sobbing gulps for air, I began to cry. T tears washed away the last remnants the wall I had built, leaving me defen less and open to the pain but also free last, to get on with life. I pushed mys up and started toward the kitchen.

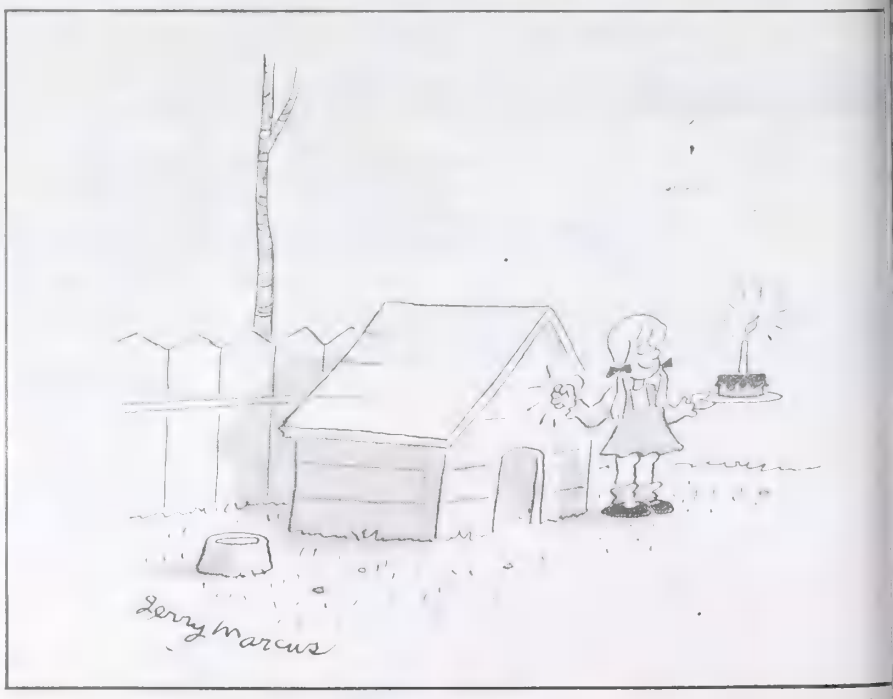
"Barbara?" Aunt Ellen.

"I need to—I want to call Doug. I ha to tell him—" But there was so much tell him. That I was coming home a that I loved him and that—yes—th there was time for us, that there wou be other children.

I stopped in the doorway, my face s wet with tears, and looked back at t sun-baked yard and I thought that I cou see a child swooping, laughing, in the rope swing under the catalpa tree. child yet to be born. Our child.

"Barbara," my mother said in a rush love and relief. "Barbara, dear, you a smiling."

"Yes, Mother." I said. "Oh, yo Mother, I am."



RECAPTURING A SIMPLER PLACE AND TIME

THE COUNTRY STORE THIMBLES

A collection of twenty-five fine porcelain thimbles recalling America's golden days. Each thimble hand-decorated with 24 karat gold.

Available exclusively from Franklin Porcelain.
lease order by February 28, 1981.

ere was always a wood-burning ve, a large cracker barrel and a long oden counter piled high with bolts of ico and flannel. And on the walls re shelves of cans and boxes of soap, acco, seeds and foodstuffs that sym- ized America's emergence as the st productive nation in the world.

t was the Country Store. Perhaps most American of all establishments and certainly a symbol of some of most carefree years America has own. It was not only the emporium ere women bought all the goods they eded, it was also the center of social in hundreds of tiny communities ross America.

Now, you can recapture the simple easures of that time—with a very ecial collection of twenty-five fine rcelain thimbles, bearing original twork based on the official trade- arks of twenty-five companies whose mes were household words around e turn of the century.

Here are the two *"Campbell's Soup* ds" . . . the *Heinz Pickles* shield . . . the o little chicks on the *Bon Ami* x . . . the little girl and her umbrella om *Morton Salt* . . . each design based the actual packages and advertise- ents that our grandparents recognized the Country Store. And each authen- cated by the company itself.

A collecting tradition that's uniquely American

oth individually and as a collection, he Country Store Thimbles provide a scinating trip back in time—not only ecause of their delightful and unusual t, but also because they add a new mension to a collecting tradition that uniquely American.

For hundreds of years, the thimble





A handsome hardwood rack is provided for the display of all twenty-five porcelain thimbles.





has held a special fascination for people of almost all cultures all over the world. But in America, thimbles played a special role. American companies saw in thimbles not just a practical household item, but also an excellent opportunity to advertise to even greater numbers of consumers. And so they provided customers with thimbles marked with their companies' names and slogans.

Each Country Store thimble bears an *original* design created exclusively for this collection—not merely a reproduction of an early package or advertisement. And each design has been fully approved for inclusion in the collection by the company involved.

porcelain thimble, encircled top and bottom with *hand-painted* bands of *pure 24 karat gold*. Each will be crafted by the master artisans of Franklin Porcelain, a division of The Franklin Mint—and one of the very few facilities in America capable of such painstaking work. Yet, despite the care and time that must be taken with each individual thimble, the price for each one is just $12.50.

And with the collection you will receive a handsome wood display rack in which to display your thimbles at no additional cost. Crafted of solid hardwood, the frame is stained a rich brown to accent the thimbles. And the rack can be hung on the wall of any room in your home, enabling you to display all twenty-five thimbles beautifully and easily.

To add still further to the enjoyment these delightful thimbles will bring to your home, each will be accompanied by a specially written commentary about the product—and the company that produced it. Old advertising claims, how the products were developed and marketed, how the companies themselves grew . . . all authenticated by the company itself.

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The Country Store Thimbles form a collection that is likely to be treasured by your family for generations to come as an unusual and beautiful reminder of a very special time in our history.

But the collection is available only by direct subscription and only through Franklin Porcelain. It will be crafted *solely and exclusively* for those who enter valid subscriptions for this series.

The thimbles will be sent to you at the convenient rate of one each month. But since it will take time to craft these fine porcelain thimbles, it is important that the subscription application at left be mailed no later than February 28, 1981. Send your application directly to Franklin Porcelain, a Division of The Franklin Mint, Franklin Center, Pennsylvania 19091, by that date.

cushions. There it was. That was the reason I had not wanted to visit the aunts. I remembered what they, what this very house had always demanded of me. Bearing up. The southern trap of love and duty. Those faces in the hall had known tragedy, this family assumed you would suffer, perhaps even go to pieces for a time, but that in the long run you would pull yourself together and get on with it. Aunt Ellen was widowed. Bearing up.

"Doug is fine," I said hurriedly, hoping to end the interrogation.

"I'm sure you have been a help to him, child," Aunt Ellen

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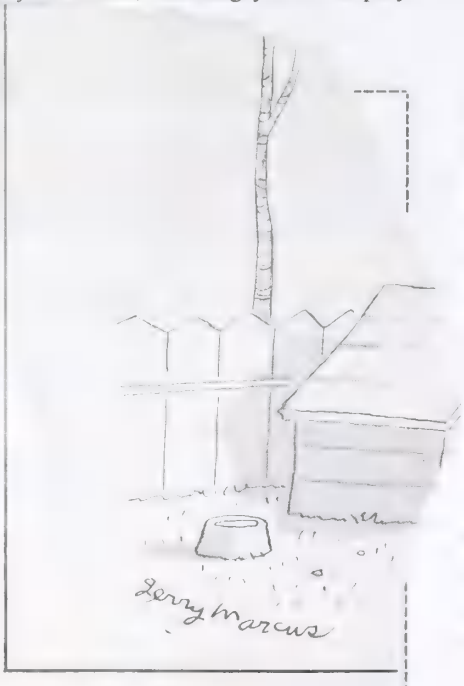
Aunt Ellen took up her crocheting. "You are young, dear," she said reassuringly. "You can still have a family."

"You must not grieve," Aunt Theora said. "You must—"

"Theora, that's not right. Of course she must grieve."

"Sister, if you would be so kind as to permit me to finish my sentence—"

"Aunt Theora, Aunt Ellen, please!" my



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HOW THEY SEE IT

Famous authors share their wit and wisdom on a subject that's close to all of us.

WINE

A vine bears three grapes, the first of pleasure, the second of drunkenness and the third of repentance.—*Anacharsis*.

Wine heightens indifference into love, love into jealousy and jealousy into madness. It often turns the good-natured man into an idiot, and the choleric into an assassin. It gives bitterness to resentment, it makes vanity insupportable and displays every little spot of the soul in its utmost deformity.—*Addison*.

Wine and youth are fire upon fire.—*Fielding*.

As fermenting in a vessel works up to the top whatever it has in the bottom, so wine, in those who have drunk beyond measure, vents the most inward secrets.—*Montaigne*.

There is a devil in every berry of the grape.—*Koran*.

Wine maketh the hand quivering, the eye watery, the night unquiet, lewd dreams, a stinking breath in the morning and an utter forgetfulness of all things.—*Pliny*.

Wine has drowned more than the sea.—*Publius Syrus*.

Polished brass is the mirror of the body and wine of the mind.—*Æschylus*.

Wine is a turncoat; first, a friend; then a deceiver; then, an enemy.—*Old Proverb*.

Wine is a noble, generous liquor, and we should be humbly thankful for it; but, as I remember, water was made before it.—*John Eliot*.

O thou invisible spirit of wine, if thou hast no name to be known by, let us call thee—Devil! Oh, that men should put an enemy to their mouths, to steal away their brains! that we should, with joy, revel, pleasure and applause, transform ourselves into beasts!—*Shakespeare*.

The conscious water saw its God, and blushed.—*Crashaw*.

Wine is like anger, for it makes us strong, blind and impatient, and it leads us wrong; the strength is quickly lost; we feel the error long.—*Crabb*.

Wine invents nothing; it only tattles. It lets out all secrets.—*Schiller*.

Ah! sly deceiver; handed o'er and o'er, yet still believed; exulting o'er the wreck of sober vows! —*Armstrong*. **End**

From THE NEW DICTIONARY OF THOUGHTS, originally compiled by Tryon Edwards, D.D. Used by permission of Doubleday & Company, Inc.

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(Notch'ohs) Tostit
ed cheese and ja
he perfect anytir

HOW THEY SEE IT

Famous authors share their wit and wisdom on a subject that's close to all of us.

DESIRE

The reason that so many want their esires is that their desires want reason. le may do what he will, who will do but hat he may.—*Warwick*.

By annihilating the desires, you annilate the mind. Every man without pasons has within him no principle of acon, nor motive to act.—*Helvetius*.

Every desire bears its death in its very ratification. Curiosity languishes under epeated stimulants, and novelties cease o excite surprise, until at length we do effect of enjoying; but impossible desare punished in the desire itself.—*P. Sidney*.

here is nothing capricious in nature; the implanting of a desire indicates its gratification is in the constitution he creature that feels it.—*Emerson*.

n moderating, not in satisfying des, lies peace.—*Heber*.

he soul of man is infinite in what it ts.—*Ben Jonson*.

When a man's desires are boundless, labors are endless. They will set him a k he can never go through, and cut n out work he can never finish. The isfaction he seeks is always absent, and happiness he aims at is ever at a ance.—*Balguy*. End

HE NEW DICTIONARY OF THOUGHTS, originally com- by Tryon Edwards, D.D. Used by permission of Double- Company, Inc



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ADVENTURES IN FOOD

EGGS

Indispensable to any cook, eggs are one of the most versatile and valuable of foods.

There is a popular misconception Europe that brown eggs are someh better than white, whereas in the Unit States, white are usually preferred. E shell color reflects neither flavor nor n tritional content, merely the breed of t laying bird. The best egg, brown white, large or small, is one that has be freshly laid.

From the time an egg is laid, the me branes weaken and the flavor starts change. The white of a fresh egg is th (making wonderful fried and poach eggs), getting runnier and thinner as ti goes by.

It is easy enough to tell if an egg fresh or stale once you get it home. the rounded end of the egg, between t shell and the membrane, there is a sm air chamber, which is all but invisi when the egg is fresh, increasingly la as the egg gets older and loses moist through its pores. So one way of assess freshness is to hold the egg upri against a strong light and examine size of the air space.

Cooking with eggs

A beaten egg will thicken soups, ste and sauces because heat causes the egg coagulate, thus holding the liquid in s pension. The raw yolk is very effective holding oil or butter in suspension and this happy fact we owe such good thi as mayonnaise and hollandaise sauce. egg is quite sticky and so will effectiv bind mixtures for croquettes and stuffi or hamburgers.

As for food that is to be deep fried dip into a beaten egg will not only ke the bread crumbs in place but the film egg will protect the food from becom sodden with fat. A beaten egg give handsome sheen to pastry, and a wh whisked egg with all its millions of t trapped air bubbles gives a rise to ca and batters.

The volume of beaten egg whites—essential for light soufflés and mousse depends on the eggs being at room te perature before you start and the way whisk them. Electric food processors much too fast for that sort of thing produce quite a dense texture. Big "b loon" wire whisks, while taking a lit more time and energy, do produce desired airy froth.

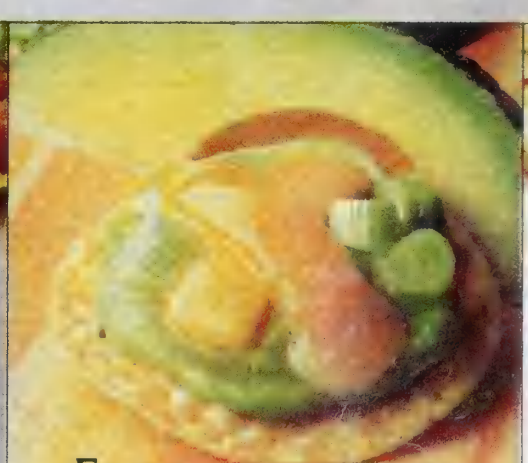
Apart from omelets and batters, wh are cooked briefly over a high heat, e respond best to gentle warmth—too h a heat and too long a cooking time ma them leathery.

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Nachos: *(Notch'ohs)* Tostitos® topped with melted cheese and jalapeño pepper. The perfect anytime snack.



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LIVING WITH YOUR STARS

FOR FEBRUARY

AQUARIUS (January 20—February 18) Venus in your sign brings an affectionate family scene and promising conditions for romance. It's an exhilarating month filled with invitations and compliments. Recent efforts should now be rewarded.

PISCES (February 19—March 20) Meetings this month will lead to romance; an ardent attachment could change your plans. The pace is very hectic, so be sure to keep track of appointments. Forget disappointments of the recent past. Look ahead and trust in your lucky stars.

ARIES (March 21—April 19) Time now to make plans for a decorating makeover. Parties and new friendships have you feeling more confident. Vitality is on the upswing but don't overcrowd your schedule too much. Be aware of new opportunities. Behind-the-scenes events will have an effect on your luck.

TAURUS (April 20—May 20) Stand firm in a hassle with a difficult relative. A promising time for romance. Make the most of influential contacts—doors are about to open for you.

GEMINI (May 21—June 20) Settle family business now. A lively flirtation is fun, but fleeting. Catch up with old friends and start planning a pleasure trip. Time to expand ideas, tie up loose ends and forge ahead.

CANCER (June 21—July 22) As February begins, problems in close relationships should end. Get out and socialize more. It's a good time to take a break—go on a trip or plan a special weekend. Don't take any unnecessary financial risks.

LEO (July 23—August 22) Relatives are demanding. Try to avoid conflicts. Be sure to spend special time with the man in your life. It's a restless period, so try to direct energy into useful channels or tension will build up. Long-term financial planning is favored. Keep an eye on day-to-day spending as well.

VIRGO (August 23—September 22) You may disagree with your mate, but he has the right ideas. Friends are running the show this month, so go along with them. Try to avoid gossip. Put your faith in the tried and true and gains will be lasting.

LIBRA (September 23—October 22) If single, an important new romance is on the way. A relative may spring a happy surprise. It's an atmosphere filled with sparkle and adventure. If you keep essential details in mind, a special ambition may not be as far off as you think it is.

SCORPIO (October 23—November 21) It's a time to expand your circle of friends—and your horizons. Now's the time to take care of repair jobs and other chores you've neglected. A generally lucky month for bargains and investments.

SAGITTARIUS (November 22—December 21) Good news from a loved one far away. Local activities can be amusing and profitable. You've got the energy, but watch out for the tendency to take unnecessary risks. Fresh places and faces will be lucky. Seek interviews and explore new possibilities in your career.

CAPRICORN (December 22—January 19) A harmonious atmosphere, but lots of comings and goings. A romantic high spot ends the month. Take more of an interest in sports, and watch your diet more closely.—PETER VIDAL



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YOU AND YOUR HEALTH

continued from page 112

I was able to reassure her that this was a harmless condition, not a precursor to heart disease.

"I guess I'm still worried about having a heart attack someday," Marie said. **"You know my Dad just had one. What can I do to avoid one myself?"**

"Well, don't worry about having one, for starters. It's good to be concerned, though. Men learned their lesson the hard way. Studies have shown that smoking is a dominant factor in heart disease, and men have always smoked more than women. That may account for why they get more heart attacks. Also, watch your diet. Eat foods low in animal fat and have your cholesterol level checked periodically. Have your blood pressure measured as well. High blood pressure inside the coronary arteries seems to speed up the tendency to clog them. Lastly, get some strenuous exercise regularly, at least three times a week. And don't let yourself get fat."

"That's not too difficult. But I sure hate to cut out ice cream sodas."

"You don't have to cut them out. Just remember what the Romans said, 'Everything in moderation.'" **End**

EDITOR'S NOTE

This is the sixth and final column Dr. Michael J. Halberstam will do for *Ladies' Home Journal*. On December 5, in Washington, D.C., this prominent physician, journalist and novelist was felled by perhaps the most dangerous disease now flourishing in this country: violent crime. Returning to his home from a party, he and his wife surprised a burglar. Dr. Halberstam died while undergoing surgery for two bullet wounds in his chest.

To those of us who knew Dr. Halberstam personally, it means the sudden and incomprehensible loss of a brilliant, vibrant, compassionate man who literally could light up a room. To the country, it is the waste of a great doctor, a passionate citizen and a humanitarian in the fullest sense of that word. *Ladies' Home Journal* and its readers will miss his well-written, reassuring medical advice. Our editorial memorial will be to extend our efforts, somehow, towards the cure of a frightening epidemic: *violent crime*. That is the least we can do.—THE EDITORS

A donation has been made to the American Heart Association by the Journal *in Dr. Halberstam's memory. Readers who wish to do the same can send their contribution to: American Heart Association, 7320 Greenville Avenue, Dallas, Texas 75231. Be sure to include your name, address and the indication that your donation is as a* Journal *reader in Dr. Halberstam's memory.*

DISASTERS

continued from page 85

we have unmistakable warnings about others. Because the oceans are eroding our coastlines and causing shifts in land masses, experts expect new problems for unwary property owners. By the year 2000, scientists say, the California coast from Santa Cruz to San Diego will be severely damaged by waves and tides.

Is your coverage adequate?

Each new disaster, whether the result of natural or man-made causes, is just another dramatic reminder of how vulnerable our homes are. Yet according to insurance experts, although billions of dollars are paid out in claims each year, billions more dollars in losses are not covered by insurance.

In a study of more than 3,000 homeowners in high-risk flood and earthquake areas that included 14 states, Dr. Howard Kunreuther, professor of decision sciences at the Wharton School in Pennsylvania, discovered that consumers were surprisingly lax. Relatively few had adequate insurance policy coverage.

"Most people show no interest in insuring themselves until they or their friends have been affected by a disaster," Dr. Kunreuther reports. "When it comes to locking the barn door after the horse is stolen, homeowners are without peer."

A poll in California supports his findings. Eighty percent of the homeowners surveyed said they believe a major earthquake is either somewhat or very likely in their area. Nonetheless, only one in 20 Californian buys earthquake insurance.

Many of those surveyed said they felt that insurance was too expensive. And, in fact, property insurance rates, according to the Consumer Price Index, have risen about 13.6 percent in the past year due to inflation. But basically, experts say, people fail to buy or renew policies because they take an ostrich-like attitude. They bury their heads in the sand, thinking, "It can't happen to me."

However, even when homeowners do try to anticipate damage to their property, they can still run into trouble. Ernest and Mae Gray, for example, did have an insurance policy for their home. When Mount St. Helens started to smolder and the evacuation sirens sounded last May 18, Mae grabbed the photos of their children and grandchildren and the family papers. Ernest took his fishing poles and his guns. The two escaped a mere 45 minutes before the mudslides reached their home.

In the aftermath of the eruption 34 people were found dead. Twenty-eight people are still missing. There was an estimated $2.5 billion worth of damage to homes and property.

"Everything that mud *(continued)*

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3. All matching winning entries must be received by March 2, 198 entry that is forged, mutilated, altered or otherwise defaced or ta with is automatically void. Entries will be verified by National J Institute, Inc., an independent judging organization, whose dec final in matters relating to any portion of these rules. No respons assumed for lost, misdirected or late mail.
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5. Second Chance Sweepstakes: All unclaimed prizes, plus an ad 250 prizes of a year's supply of one of the Large Size Products liste opposite page, will be awarded in a random drawing. To participa up an official Second Chance Sweepstakes entry form at the Ma SUPER HEROES* Large Size Sweepstakes display, or on a plain piece of paper, handprint your name, address and zip code plus the address, zip code of your store and the name of one favorite Lar brand from those listed on the opposite page. Deposit your entry entry box in the Match the SUPER HEROES* Large Size Sweepsta play at any participating store, or you may mail your entry to: Ma SUPER HEROES* Large Size Second Chance Sweepstakes, P. 2326, Westbury, New York 11591. Enter as often as you wish, b entry should be mailed separately, and received by March 16, 19
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DISASTERS

continued

hit it destroyed," says Mae. "When I returned to my house, I kicked a fence post and cried my eyes out."

Days later she and her husband sifted through the rubble that was once their home. They took some comfort in the knowledge that their losses would be covered by their insurance policy. When it came time to collect on their claims, however, the Grays and their neighbors were stunned. They couldn't get a nickel.

Insurance agents said the Grays' property had been damaged by flooding, which no commercial insurance policy covers. Flood protection can only be purchased directly from the government. "The insurance agent and I argued back and forth about whether the damage was caused by a flood or an explosion, which our policy would have covered," recalls Mae. "That mud would never have hit us if the volcano hadn't exploded."

What's more, the Grays had considered buying flood insurance last year, but their insurance agent advised them it wasn't necessary. After the disaster, when they finally read the fine print of their policy, they discovered it specifically excluded coverage for loss due to volcanic eruption.

Insurance experts and lawyers in Washington say many victims of Mount St. Helens were not able to collect. Indeed, the controversy over the very complex nature of the losses will take years to sort out. Already a number of class action suits have been filed against various insurance companies. A few policy owners are even suing individual insurance agents for failing to provide them with correct information.

Knowing your policy

Ultimately, it's the responsibility of homeowners to educate themselves as consumers. "Most people don't even read their policy until something happens," says Whittier Johnson, an official in Washington state's Insurance Commissioner's office. "Insurance is a consumer product. Shop around and ask questions. How will a specific company respond if a tree falls on your house? If lightning strikes? If your furnace blows up? Buy insurance *after* you know what's the best coverage for your money." (For more information on how to find the right policy, see box, this page.)

As a rule of thumb, don't take for granted that your insurance agent has pointed out the crucial details in your policy or the potential hazards in your area. Jerry and Michele Smith (their names have been changed due to pending lawsuits) found this out the hard way.

The Smiths were among hundreds of residents of Jackson, Mississippi, who were evacuated from their *(continued)*

PROTECTING YOUR HOME

Be insurance wise. Shop around for the most comprehensive and effective coverage to suit your family's particular set of insurance needs. How will a given company respond if a fire destroys your kitchen or a telephone pole crashes into the side of your split-level during a rainstorm? Read the fine print carefully before you settle on a policy. Make sure you know what it includes—and what it excludes. To find out more about the different types of insurance available and what various policies cover, write to the Insurance Information Institute, 110 William Street, New York, N.Y. 10038.

●Do you need flood insurance? Contact the local town administration or the city planning office in your area and ask whether you live on a floodplain. Flood insurance is only available through the federal government. Ask an insurance agent how to obtain it. For more information on flood insurance—and other types of disasters—write to the Office of Public Affairs, Federal Emergency Management Agency, Washington, D.C. 20472, or call this toll-free number: 800-638-6620. Or contact the National Flood Insurance Program, P.O. Box 34604, Bethesda, Md. 20034.

●Investigate earthquake insurance, especially if you live on the West Coast. It's not as expensive as you might assume and is available from most insurance companies.

●Make sure your insurance coverage keeps pace with the cost of replacing your belongings should they be destroyed in a disaster. Many policies automatically increase their dollar coverage each year, but this may not be sufficient in these inflationary times. Have your home appraised by professionals every three years, and adjust your insurance coverage accordingly.

●Keep a complete, written inventory of the contents of your home. Include the price of major items such as the television, refrigerator and furnace at the time you bought them. Having such a list is necessary to file an insurance claim and will also help you prove the loss of uninsured items, which are tax-deductible. Also, take photographs of your belongings: wide-angle shots of each room, closeups of the most valuable objects and photos of the outside of your house.

Keep your inventory and photographs, along with your homeowner's policy, in a bank safe-deposit box or other secure place.

●Make certain you've adequately insured the special items you own. If you have antiques or valuable art, a stamp collection that's irreplaceable, or an expensive camera, you probably need extra protection. And don't forget jewelry and sterling silver.

●When building (or rebuilding) a home, have the builder take steps to protect your house against hazards like wind damage. Extensive research on how to minimize the effects of specific natural disasters on your property is available, including detailed guidelines for builders, from the Institute for Disaster Research, Texas Tech University, Box 4089, Lubbock, Texas 79409 (enclose $5.00).

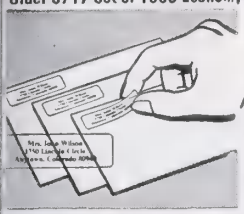


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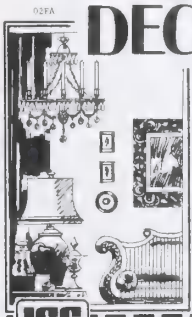
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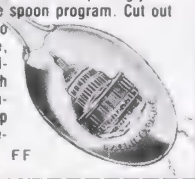
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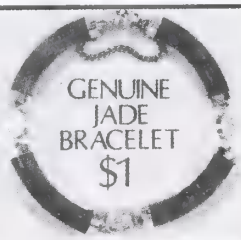
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DISASTERS

continued

homes in April 1979, when the Pearl River overflowed its banks following 20 inches of rain. The flooding started on Friday the 13th.

Residents claim they were given little warning and were misinformed by officials. In fact, they say, police told them *not* to move their possessions to higher ground, claiming the water would recede before real damage occurred. "We have a one-story house. So we put our furniture up on tables and went to my parents' house with the kids," Michele explains. Her weary voice and troubled eyes make her seem much older than her 31 years.

Days later the water crested at 25 feet above flood level, causing approximately $500 million worth of damage. In the Smiths' home, the flooding stopped just short of the ceiling. The family was left with nothing but the clothes on their backs.

The clean-up job was heartbreaking. "I tried to save some of the boys' treasures," recalls Michele with tears in her eyes. "My older boy is a gifted child and had a rock collection, a big set of comic books and a *Star Wars* collection." But nothing could be salvaged. The debris was simply hauled away later as garbage. All that was left of their once comfortable household were the studs and roof. But since they had no flood insurance, the policy they did have proved useless.

"When we bought this house in 1976 we were never told that this area is considered a floodplain," says Michele with bitterness. "The bank that holds our mortgage told us we didn't need flood insurance. We were terribly naive and took their word for it. My lawyer says the bank violated the law by not requiring us to have proper coverage. I feel like we're being punished for a crime we didn't commit."

Inflation and your insurance dollar

Assume for the moment that you *do* have the right type of insurance. Does that mean you're completely protected? Not necessarily, say the experts. The inflation that's eating up your grocery budget is also pushing up the costs of replacing your house and its contents.

Talley Rollings and his wife, Ola, who live on Dauphin Island just off the Alabama coast, thought they had adequate insurance. Then in September 1979, they and other residents were evacuated from their homes. Hurricane Frederic swept through the coastal region, causing more than $2 billion worth of damage.

When Talley and Ola returned home a few days later, they found the roof gone from their three-year-old retirement cottage. Everything inside was drenched.

"We had to redo the whole house," explains Talley. "If prices hadn't gone up so much, our insurance would have been adequate. But the prices of building materials, furniture and appliances have gone way up. We just replaced the refrigerator, for example. The old one cost around three hundred dollars. This new one cost almost eight hundred."

Unlike the Rollings, Marjorie and Mike Spiller, who had just renovated their home, had anticipated rising replacement costs. When a tornado cut a mile-wide path across Wichita Falls, Texas, on April 10, 1979, leaving 2,000 families homeless, the Spillers assumed they were well covered for their losses.

"I had called our agent in February to ask whether we had enough insurance. She assured us we did," Marjorie recalls. In a few short months, that coverage had become inadequate. "We should have had several thousand dollars more in coverage. We simply won't be able to replace the house at today's prices."

Other victims of the Wichita Falls devastation, Joy and Edward Biggs, did have sufficient insurance for their house. But they weren't adequately covered for its contents. Plus, the task of itemizing their lost possessions—a necessary chore when filing an insurance claim—was almost overwhelming, says Joy. "I advise everyone to keep a running list of everything they own, everything they've bought and how much it cost when they bought it."

Man-made disasters

There are some disasters for which you can't buy coverage even if you choose to. You can buy insurance to protect your home from floods and earthquakes, explosions and fires. But there's no existing insurance policy that will protect you because your house was built on a chemical dump site or because the nearby nuclear reactor might explode.

A few years ago, residents of the Love Canal section of Niagara Falls, New York, learned that they were living on a chemical time bomb. More than 30 years before, the Hooker Chemicals and Plastics Corporation had dumped tons of waste chemicals—many of them highly toxic—into an unused canal. The site was later covered over and houses were built on it.

In 1978, authorities began investigating the area after residents began reporting a high incidence of health problems, most notably miscarriages and birth defects. A government investigation revealed that an astonishing number of deadly chemicals had been seeping into Love Canal houses. In August 1978, 237 families were permanently evacuated and their homes boarded up.

Sharon Dunmire, a young homemaker with two small children, lived just four blocks away from the dump site. She believes those deadly chemicals may have caused her son Mark's birth defects, which include a heart murmur, kidney irregularities and a pancreas disorder that will keep him on a severely restricted diet for the rest of his life.

Sharon remembers the day in February 1979 when she and her neighbors received the directive from the Department of Health advising expectant mothers and families with children under two years of age to evacuate their homes.

"I just sat down and cried," says



"I don't want to be president when I grow up. I want to be Dolly Parton."

haron. "Here I was with a two-week-old aby, and they were telling me that my ome was unsafe and we had to leave."

Her family moved from their home into cramped, rented apartment paid for by ederal funds. "We felt totally displaced," ne continues. "We lost our privacy dur- ng all the government investigations and esearch. And how can we live where we ant to live if we can't sell our old ouse?"

In August 1980, two long and painful ears after the first people were evacu- ted, the federal government finally of- ered New York State a $15 million loan to uy a group of 550 Love Canal homes, ncluding the Dunmires'. "We're not ounting on anything yet," says Sharon. ut she and her husband have managed o take out a second mortgage to buy nother home.

In addition, the federal government nd the State of New York are suing Hooker Chemicals and Plastics Corp. and s parent company, Occidental Pe- roleum, for nearly $125 million worth of lamages. And class action suits by more han 1,300 individuals total $3 billion. But money can't compensate the Love Canal families for the heartbreak they ave suffered.

What are the chances of finding a Love Canal in your backyard? The unsettling nswer is that nobody knows for sure. The Environmental Protection Agency EPA) estimates that there are between 30,000 and 50,000 chemical dump sites in his country. About 2,000 pose real emer- gencies and the EPA is slowly working to eliminate them. Government legislation pending in Congress would require the hemical industry to help pay the costs of leaning up waste dumps and chemical pills.

Other potential disasters

The threat of man-made disaster is equally familiar to those living near the Three Mile Island nuclear plant in south central Pennsylvania. Who can forget that frightening week in March 1979 when no one knew whether the reactor would melt down or explode? At the time, Gov- ernor Richard Thornburgh advised preg- nant women and families with pre-school children to evacuate. Many others aban- doned their homes, too.

When residents returned to their homes after the emergency had passed, they faced possible new problems. The value of their property around the nu- clear plant may have plummeted.

Though real estate agents say today that there has been little or no long-term depreciation, residents are still worried. "Several homes nearby have been up for sale ever since the accident," says Bev Gorman, who lives a mile and a half from the reactor. "A friend who's been trying to sell her place was even told privately by an agent that the disabled plant was the reason no one was interested. *(continued)*

Journal Shopping Center

FASHION: THE LOOK CHANGERS
PAGE 82: From left: Blassport: EVA GRAHAM necklace, ELEGANT belt, SACHA KAMMER pumps. Albert Nipon: MARVELLA pearl earrings, DIOR hosiery, GOLO shoes. Gordon of Philadelphia: MARVELLA earrings, EVA GRAHAM pin, HANES hosiery, NINA shoes.

PAGE 83: LEFT: Silk Farm: EVA GRAHAM earrings, DIOR hosiery. Villager: MARVELLA earrings, DIOR hosiery, CARRANO pumps.

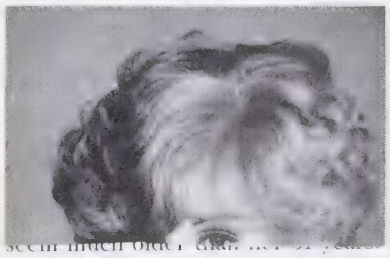
DECORATING: BATHROOM FIX-UPS
PAGES 86–87: Marimekko 2 Wallpaper, "Evening," FV-120, $21 per roll. Bloomcraft fabric, "Valpolicella," #406 in navy, 54" wide, $7.50/yd. Martex towels in English rose, lapis, carnation. Curtains by R&E Decorators, East Orange, N.J. Window shades, drapery hardware by Radeens Home Decorators, Millburn, N.J. P.V.C. plumbing tubing for shower curtain rod, 1½" diameter, available at Rickels.

PAGE 88: Above, Congoleum Villager Vinyl Flooring, "Harmony Court" in Oyster White, $9.50/square yd. Sherman Williams Playthings Collection wallpaper. "Hearts," red on white #8802810; red and white stripe #88129; both $13.99 per double roll. Fabric by Charterhouse Designs, "Denise," 52-54" wide, available through decorators or decorating departments of department stores. Fieldcrest towels in scarlet, morning glory and jonquil. Svrocco mirror #2080, $25.50. Pitcher available at Conran's, 145 Huguenot St., New Rochelle, N.Y. 10801. Below, Wallcovering: Flair Squares, "Summer Fantasy," $5.50 for 15 squares (15 square feet). Shower curtain, Dacron polyester and cotton, by Lanscot-Arlen, about $5/yd. available through better fabric outlets. Ribbon trim by Offray Ribbon in rust, gray and natural. Carpet by Tennessee Tufting Mills, 5'x8' about $40, available in bath shops of better department stores. Lucite paint, about $10/gallon. Cannon towels. Blind, Levolor Riveria Kre-Blav, shell color, by Levelor Lorentzen, 1280 Wall St. West, Lyndhurst, N.J. 07071. Do-It-Dryer in basket, by General Electric, $21.95. Long-handled sponge in tub part of the Cassa Collection by Cravonne, $8.25. Soap in box $15, sisal back scrubber, $7 (both above toilet); sponge, $15, soap dish, $3 (both over sink); all from Provender, a division of Lillian Vernon, 225 Fifth Ave., N.Y. 10016.

PAGE 89: Mirror by Binswanger Products, P.O. Box 17127, Memphis, Tenn. 38117. White towels by Cannon. Grids holding towels by Bevlerian, $25 each; grids holding bottles from Space Builder by Closetmaid; 8-tier Max Rack, $39.99; 3-tier Max Rack, $15.95. "Linestra" light by Phillips available from Thunder & Light, 171 Bowery, N.Y., N.Y. 10002. Shaver on counter by Braun, $30. Canisters on sink available at the Pottery Barn. Vase on toilet by West Virginia Glass Specialties, available in gift shops.
All prices approximate.



Next month in the LADIES' HOME Journal



Days later the water crested at 25 feet above flood level, causing approximately $500 million worth of damage. In the Smiths' home, the flooding stopped just short of the ceiling. The family was left with nothing but the clothes on their backs.

The clean-up job was heartbreaking. "I tried to save some of the boys' treasures," recalls Michele with tears in her eyes. "My older boy is a gifted child and had a rock collection, a big set of comic books and a *Star Wars* collection." But nothing could be salvaged. The debris was simply hauled away later as garbage. All that was left of their once comfortable household were the studs and roof. But since they had no flood insurance, the policy they did have proved useless.

"When we bought this house in 1976 we were never told that this area is considered a floodplain," says Michele with bitterness. "The bank that holds our mortgage told us we didn't need flood insurance. We were terribly naive and took their word for it. My lawyer says the bank violated the law by not requiring us to have proper coverage. I feel like we're being punished for a crime we didn't commit."

Inflation and your insurance dollar

Assume for the moment that you *do* have the right type of insurance. Does that mean you're completely protected? Not necessarily, say the experts. The inflation that's eating up your grocery budget is also pushing up the costs of replacing your house and its contents.

Talley Rollings and his wife, Ola, who live on Dauphin Island just off the Alabama coast, thought they had adequate insurance. Then in September 1979, they and other residents were evacuated from their homes. Hurricane Frederic swept through the coastal region, causing more than $2 billion worth of damage.

When Talley and Ola returned home a few days later, they found the roof gone from their three-year-old retirement cottage. Everything inside was drenched.

"We had to redo the whole house," explains Talley. "If prices hadn't gone up

DISASTERS

continued

"I'm trapped," Bev complains. "I can't afford to put my house up for sale—even if someone would buy it—and then purchase another. I feel I've lost my rights, too, especially my right to take care of my children's health. You can't worry all the time, of course. But it's always there."

Some local residents are suing the owners of the Three Mile Island plant for damage to physical and emotional health and the depreciation of property values. But there is no insurance available to protect citizens against nuclear accidents. Each of the nearly 70 nuclear reactor plants in this state [illegible] we should have had several thousand dollars more in coverage. We simply won't be able to replace the house at today's prices."

Other victims of the Wichita Falls devastation, Joy and Edward Biggs, did have sufficient insurance for their house. But they weren't adequately covered for its contents. Plus, the task of itemizing their lost possessions—a necessary chore when filing an insurance claim—was almost overwhelming, says Joy. "I advise everyone to keep a running list of everything they own, everything they've bought and how much it cost when they bought it."

Man-made disasters

There are some disasters for which you can't buy coverage even if you choose to. You can buy insurance to protect your home from floods and earthquakes, explo-

victims. Ernest and Mae Gray in Washington were able to finance a new home with a low-interest (three percent) loan from the Small Business Administration (SBA), a federal government agency with more than a hundred offices throughout the nation. (For the office nearest you, write to SBA, General Agency Information, 1441 L St. NW, Washington, D.C. 20416 or call 202-653-6887.) Michele and Jerry Smith also obtained a SBA loan. But, Michele warns, "low-cost" is a relative term. Her family's monthly payments for the house—not including insurance or property taxes—is $490, a sum that badly strains the family budget.

Marjorie and Mike Spiller have moved to a smaller, two-bedroom home in Wichita Falls with the help of a government loan. "We've come out with more than we lost," says Marjorie philosophically. "We're so thankful to be alive. We've learned we can cope with losing material things."

Of course you can't anticipate every disaster that could strike your family or your home. But you can minimize the damage by becoming an alert, knowledgeable consumer. Understanding the strengths and weaknesses of your insurance coverage is a good start.

"It would have been hard enough to fight inflation without having lost our home," says Michele Smith. "We were terribly naive before the flood. But we're not naive anymore." **End**



"I don't want to be presi
I want to be Da his litter box."

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March 1981

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Judith "Princess Daisy" Krantz

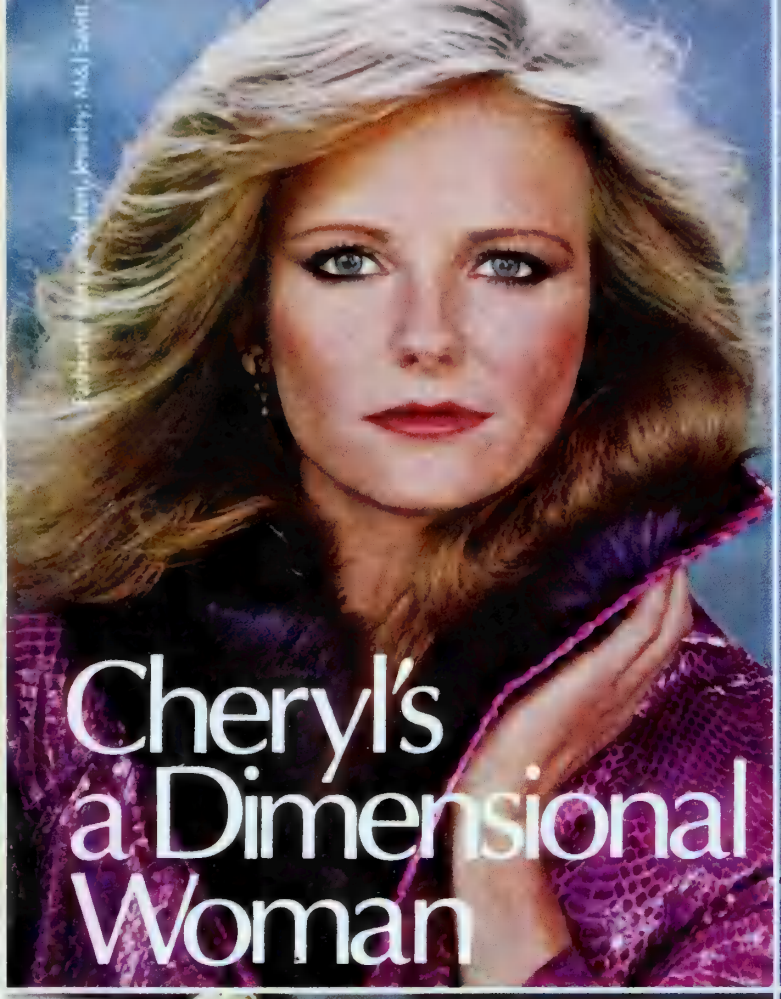
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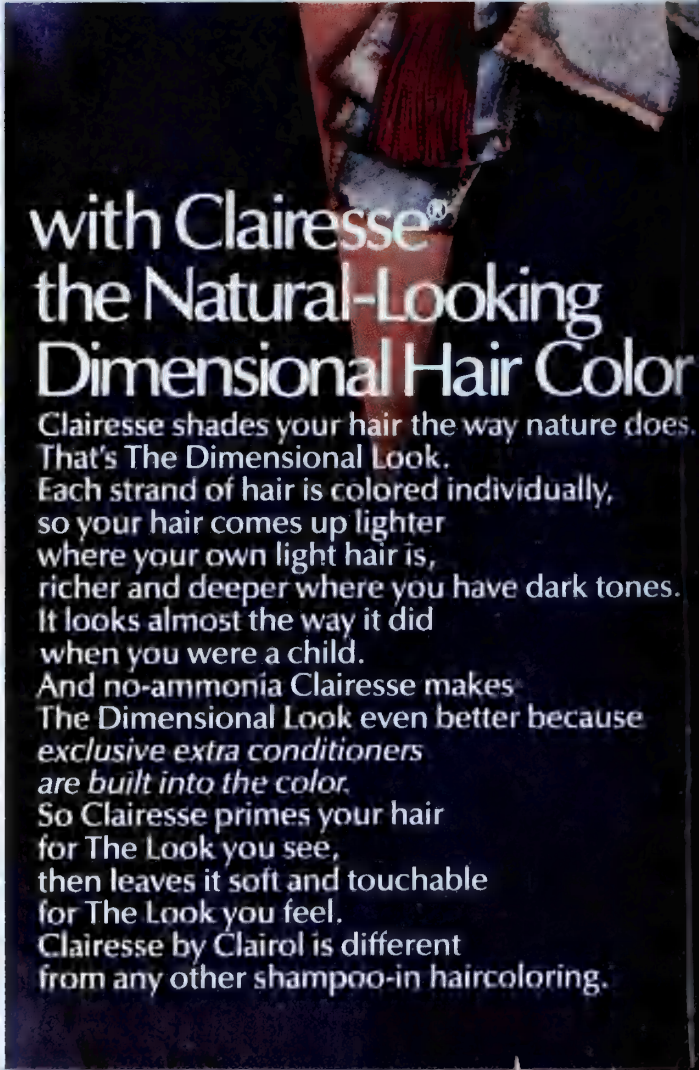
Cheryl's a Dimensional Woman



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Fashions: Norma Walters, Jewelry: Miki Swirt



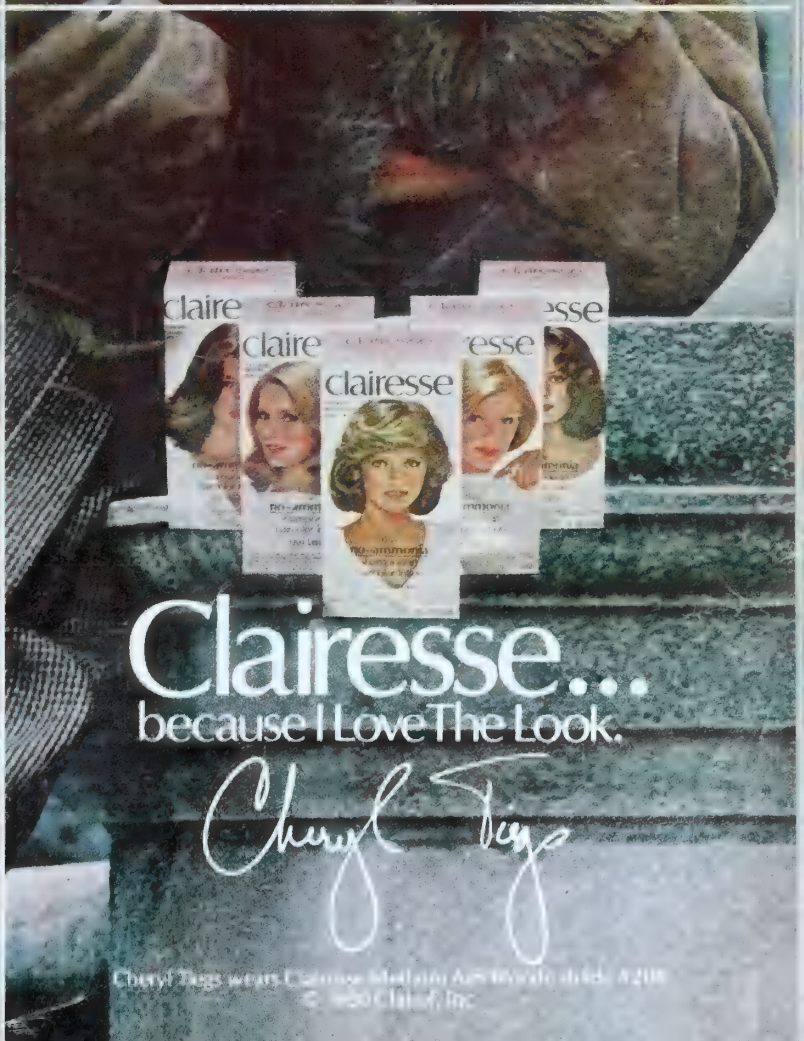
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Lenore Hershey

Editor's Diary



The headline's from our lighting story (see page 88). Our Home Editor, Joan Tully, has been exploring new horizons in home decorating for the *Journal*, and we believe you'll agree that this story is a helpful departure in an area in which modern homemakers have added interest these days. But "LIGHT UP YOUR LIFE" has other meanings, too. These days, when we're all bombarded with what's bad, depressing and sometimes darkly foreboding, it's helpful to find pockets of optimism and spiritual enrichment in your day. That's the philosophy of the *Journal*, too. Get a lift from our March assortment! A quick diet from Weight Watchers, to lighten your poundage in just two weeks (page 82). Sparkling new hairstyles that reflect the light from their diamond-like facets (page 84). Give a happy party on a small budget with our recipes (see page 94). Or read the Streisand story (page 20) and see how she and other Hollywood celebrities are moving toward the light through the rebirth of religious faith. Brighten up, lighten up . . . the winter's almost over and spring is in the wings.

We hope this issue of the *Journal* cheers you on your way.

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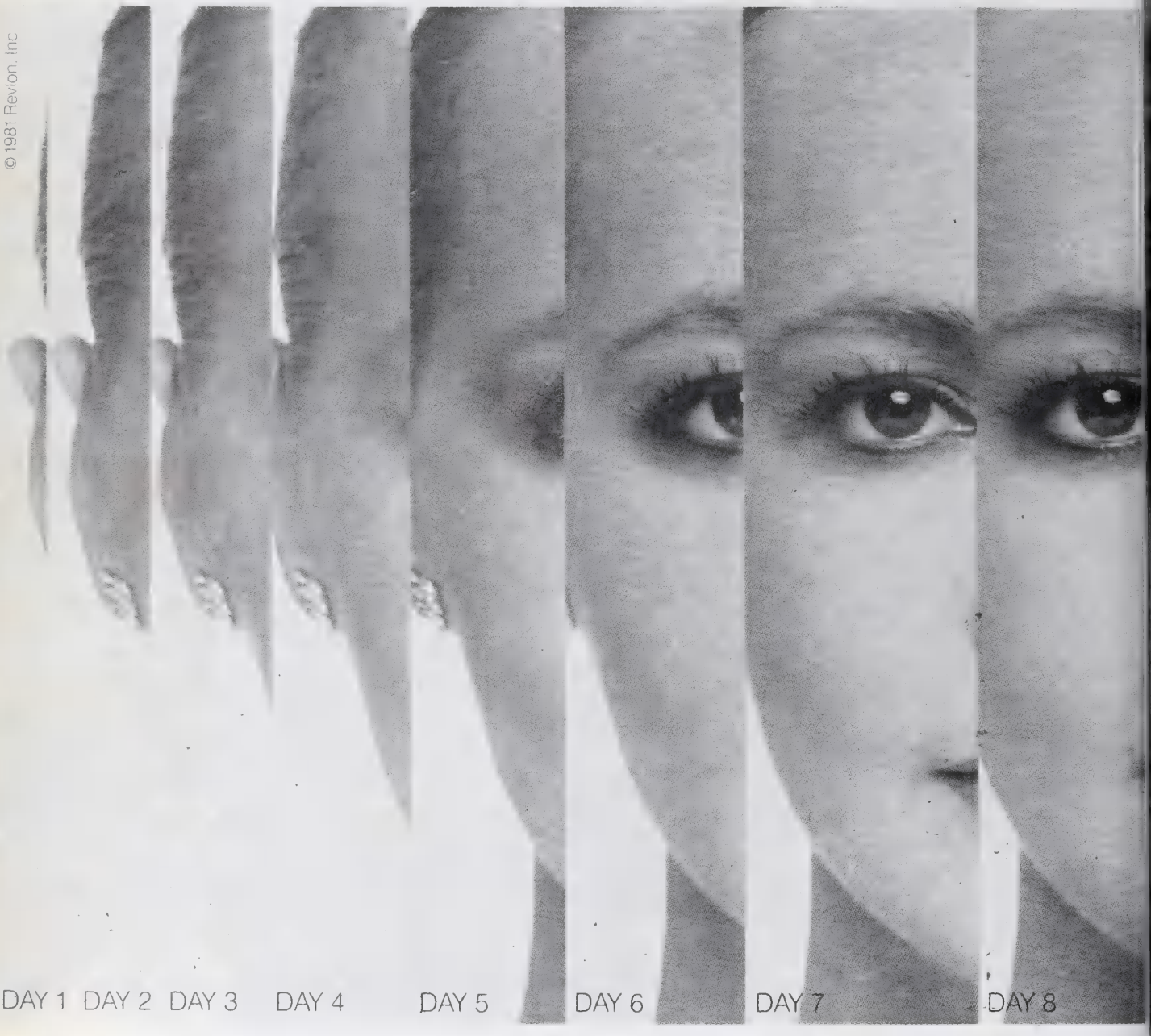


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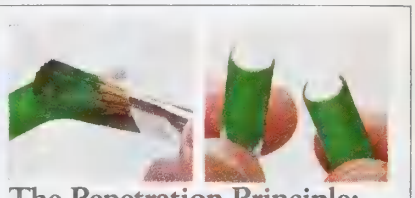
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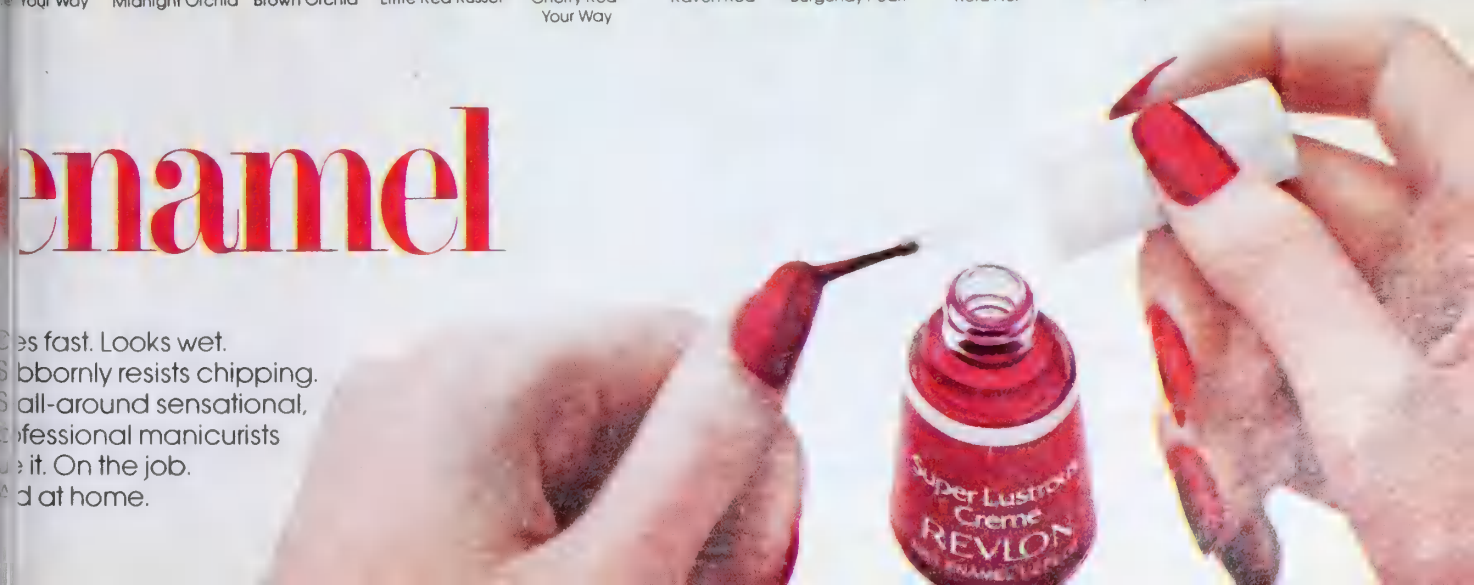
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Can This Marriage Be Saved?

Dave's buddies seemed more important to him than his wife, Kathy. How can a woman keep the home fires burning when the light's gone out of her life?

By Lois Duncan

"I Came Last in My Husband's Life"

This case is based on information from the files of the Family Counseling Service, Albuquerque, New Mexico, a private, not for profit, family mental health agency, which is partially funded by the United Way. The agency is a member of the Family Service Association of America and accredited by the Council on Accreditation of Services for Families and Children, Inc. The true story reported here is from counselors' reports of interviews. Names and other details have been altered to conceal identities. The counselor in this month's case was Executive Director Carl Doeing.

KATHY'S TURN

"If Dave were to list the people in his life in order of importance, I'd probably be down near the bottom," said Kathy, a slim blonde whose set chin and hurt eyes made her seem older than her 20 years. "Ahead of me would come his high school buddies, his rotten nephew, Jamie, and the whole city police force. In fact, I think that the only person who would be behind me would be my mother.

"Mom tried to warn me about Dave from the beginning. She pointed out all the reasons that he was bad husband material. He was nine years older, divorced and was always hanging out in the local bars. She didn't think that he was the type ever to settle down. But I was sure that with enough love Dave would change. I realize now that I should have listened to Mom.

"I was only seventeen when I met Dave. I was working as a volunteer in a hospital emergency room. Since Dave is a policeman he was around there a lot. I know that lots of girls fall for uniforms, but what really attracted me to Dave was his fun-loving personality. My father, whom I loved dearly, had just died, and Dave's teasing and kidding around kept me from being so depressed. He was like a breath of fresh air amidst all the sadness.



"I knew that I wanted to marry Dave from the start—but he needed a lot of convincing. He had been hurt by his first wife and I had to show him that I was different. In the course of our two-year courtship we went through a lot of ups and downs. Just when I'd think that I'd won Dave over, he would back off. But I just kept hanging in there, patient and undemanding, showing him how much I loved him.

"I knew that he went drinking a good bit with his buddies from the police force, but it didn't bother me then. After all, what else was a man supposed to do at eleven at night when he finished work and had no wife to come home to? I felt that if we got married that would all change. I imagined that we would have a home just like the one I grew up in—filled with love and sharing. My mom and dad had worked side-by-side in their small family business. We all had dinner together every night and went to church on Sundays. I felt that this was just the kind of life that Dave needed.

"Finally I wore down his resistance. When he proposed I felt that I'd won and was ready to live happily ever after.

"Well, that dream lasted just about as long as our honeymoon. The night that Dave went back to work—he was on the three to midnight shift—I planned a special late dinner to celebrate our new status as a settled married couple. When he walked in the door, the candles were lit and the steaks were on the grill. The meal was a grand success, or so I thought. Then, as I was clearing the table, Dave announced that he was going out to have a few drinks with the guys—the same men he'd been working with all evening! At first I was sure that he must be joking. But without so much as a kiss on the cheek, out he went. I was left behind to do the dishes alone and cry myself to sleep.

"When he got home late smelling of liquor and feeling amorous, he couldn't figure out why I wasn't enthusiastic about making love.

"It soon became clear that Dave wasn't about to change for me. It was bad enough that he left me home alone when he went out with his pals. But then he started bringing them home, too.

"We'd been married six months when his former roommate, Paul, descended upon our one-bedroom apartment with his girlfriend, Carla. Although Dave had assured me that they'd only stay for a couple of nights, they were there a month later sleeping on the sofa and cleaning out our refrigerator. Their dirty clothes were all over the living room. No matter how much I pleaded, Dave flatly *(continued)*

Illustration by Karen Klugiein

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Can This Marriage Be Saved?

continued

efused to ask them to leave. After all, Paul was a 'buddy.'

"His 'buddy' didn't want to chip in to buy groceries. Finally, Dave and I began eating at my mother's. Paul and Clara knew a good thing when they saw it, and began to turn up at Mom's, too. That did it. I forced Dave to ask them to move. As they were going, I caught Clara with a suitcase full of my clothes. I actually had to yank them away from her.

"I hoped that Dave and I would finally settle down in our home. But no. We now have another freeloader living with us, Jamie, Dave's seventeen-year-old nephew from Iowa. Jamie had gotten into trouble with the law back home. His mother had decided that the way to keep her son out of the detention home was to get his "Big Policeman Uncle" keep an eye on him. Dave never even told me that he was coming. One day Jamie turned up on our doorstep.

"Jamie is a cool, innocent-faced young hood. Frankly, I'm scared of him, but he has fooled Dave. Things keep disappearing from our apartment, but Dave never thinks of accusing Jamie. The gas station where Jamie worked has been ripped off twice. Who's to blame? Certainly not our nephew, according to Dave.

"I'm the one who cooks for his nephew and cleans up after him. On top of all that, Jamie makes snide sexual remarks to me. Because there's not much difference in our ages, I have no authority with him. I have to go over to my mother's every evening because I'm frightened to be alone with him. Then Dave has the nerve to accuse me of being too dependent on my family. I know that this is true, but who else do I have to turn to right now?

Always out with the guys

"When I try to explain to Dave that I can't turn to him because he's always out with the guys, he invites me along. I know the invitation is half-hearted. Besides, I don't enjoy that crowd. And I'm diabetic and shouldn't drink—which is the only thing that they do.

"The worst of it is that Dave comes home drunk almost every night. Sometimes I wish that he wouldn't bother coming home at all. He argues and says horrible things to me. Although he has never hurt me physically, I know that he can be violent and it scares me.

"His drinking has a disastrous effect on our finances. Most of Dave's salary goes to buy drinks for his friends. The only way I can buy myself something is by using our credit cards. I work as a buyer for an expensive department store. When I start feeling low, I'll buy a new outfit. As a result though, we *(continued)*

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Can This Marriage Be Saved?

continued

have no savings. My dream of buying a home and starting a family is fading fast.

"I'm just about at my wit's end. I love my husband and I'm willing to work to save our marriage. But when I explain to Dave that I want the kind of sharing, caring marriage that my parents had, he looks at me as if I'm talking in a foreign language. I'm beginning to wonder if our marriage is even worth saving."

DAVE'S TURN

"Kathy's got to grow up," said Dave, 29, a tall, broad-shouldered man with close-cropped blond hair. "I'm her husband, not her sainted father and she's got to understand the difference. When I get off work I'm too tense to just fall into bed or plunk down in front of television. I need a chance to unwind with people who aren't going to jump all over me for having a drink or two.

"My buddies mean a lot to me. Male friendships have been the only dependable relationships in my life. I grew up on the wrong side of the tracks in a town where life was tough. If you didn't want to get beaten up, you had to run with a gang. My four good friends and I called ourselves The Big Five, and we stuck by each other. It was lucky for me we did. When my mother died of cancer at thirty-seven, I was thirteen and the last of her six children still at home. My father picked up with a woman friend and moved across the river. If it hadn't been for my buddies, I don't know what would have happened to me. I moved in with each of their families in turn for three month intervals until my junior year when my married sister Peg took me in.

"Then in my senior year my girlfriend got pregnant, so I had to marry her. That marriage lasted seven years, which was at least five too many. The second year I found out my wife was sleeping with other guys. I don't know why I stuck it out as long as I did. Maybe I felt I didn't deserve anything better.

"The only good thing that happened during that time was being accepted into the police force. It was like becoming part of a special brotherhood. When I put the uniform on I got a feeling of self-esteem that I'd never had before. In fact it was the support from my buddies that gave me the guts to file for divorce.

"During the three years after my divorce, I spent most of my free time in bars and at parties. I decided never to remarry. I certainly never intended to get emotionally involved with Kathy. She was cute and fun, and I felt safe with her because she was only a kid. When I realized that I was falling for her, I broke up with her fast. Then she called to ask me over to her mom's for dinner, and we started back up again.

"I don't know how many times we repeated that routine—breaking up and getting back together—before I had to admit to myself that this was something special. Kathy could be trusted. If she said she was going to do something, she did it. She treated me better than anyone ever had. She kept pressuring me to get married, and finally I gave in. Now I know I should have followed my instincts and run the other way.

"Kathy wants a fairy tale—the house with the white picket fence and roses, a playpen full of babies and a husband who runs behind her like a puppy. If it were up to her, we'd spend all my off hours visiting her mother. Her mom's an okay sort, but I know that she's never liked me. I'm sure it's her influence that makes Kathy so resentful and demanding.

"Kathy hates my friends without even knowing them. She has no conception of how close guys get when their lives depend on one another. She thinks we don't have room for 'freeloaders.' I think helping each other out is what friendship is all about. I'll admit that Paul and Carla overstayed their welcome. But they did eventually find a place of their own.

"Now we've got my nephew, Jamie, living with us. My sister, Peg, sent him out to us as a last resort. It was either that or sending the boy up the river. Peg took me in when I was Jamie's age. How can I do less for her son?

"Kathy accuses me of being an alcoholic, which is ridiculous. To her *any* drinking is too much. As for the money I spend—that's nothing compared to what Kathy throws into clothes and restaurant lunches. I resent the fact that she turns off sexually just because I haven't spent the whole evening romancing her.

"Kathy's not like my first wife. I'll give her that. She's a good person. But every time she talks of buying a house and starting a family, I feel like a cage door is beginning to swing shut on me. I've already got one kid that I'm supporting, even though I haven't laid eyes on him for years. His mother's got him so turned against me I don't even try anymore. It scares me sick to think of going that route again.

"I want to stay married to Kathy, and I do want her to be happy, but I'm not willing to give up my own identity and become her doormat. I wouldn't be much of a man if I did."

THE COUNSELOR'S TURN

"Dave and Kathy were referred to our agency by the chaplain of the city's police department. Kathy, desperate about her emotional state, had already consulted a psychiatrist who had diagnosed the marriage as 'hopeless' and advised her to get a divorce. During our initial sessions I came close to sharing that opinion.

"Dave was highly defensive and unwilling to have his priorities challenged. As an exercise I asked Kathy and Dave each to make a list of the behavior patterns of the other person that they felt threatened the marriage. Dave blew up, proclaiming, 'There's nothing wrong with me! Kathy's the problem!' I told him that if he was not willing to cooperate in counseling he might as well go directly to a divorce attorney. This statement shocked him into recognizing how serious the situation was. Ten minutes before our next scheduled appointment (I wasn't any too sure he would keep it), he turned the car into a drive-in, ordered two cups of coffee and tossed Kathy a napkin and a pencil. 'Here,' he told her gruffly, 'write down the things that are wrong with me.' It was a turning point for both of them.

"Kathy and Dave came into marriage with totally different values. Kathy was right when she said Dave reacted to her expectations as though she were 'speaking in a foreign language.' Dave was frightened and distrustful of women. His experiences with them had all been painful. All the security in his life had come from his acceptance by 'buddies.'

"The first step in revitalizing Dave and Kathy's marriage was to establish lines of communication. In doing this, I had them draw up a contract. Dave agreed to cut down on his drinking, and Kathy agreed to spend less time with her mother. When Dave was at home more, he was forced to face reality about his nephew. After he and Kathy returned from a vacation they found that Jamie had forged Dave's name on enough checks to wipe out their bank account. Dave ordered the boy out of their home. He set him up in a separate apartment and continued to supervise him until he turned eighteen. At that point, duty done, he felt no guilt about washing his hands of him.

"As he became more sensitive to Kathy's feelings, Dave began to realize how much she cared about having her own home. The two worked out a savings plan and agreed to cut out unnecessary expenditures—Dave's liquor, Kathy's impulsive clothing purchases. Dave also took on a second job as a security guard. The day on which they were able to make a down payment on a house was, to quote Dave, 'A new beginning.' Living in a suburban neighborhood, he found new role models—men who enjoyed domestic activities and treated their wives as companions and not just sex objects. As their social life as a couple expanded, Kathy felt less need to visit her family so frequently.

"When Dave and Kathy ended their counseling sessions, they both felt good about themselves and their marriage. I recently ran into Kathy in a grocery store. She looked relaxed and happy, and told me enthusiastically that everything was still 'going fine.' From the maternity top she was wearing it was clear that Kathy is on the way to realizing another dream—'a playpen full of babies.'" **End**


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BARBRA STREISAND
A Star Is Re-born

Fame and glitter are losing ground to God in Hollywood, where the stars are turning to religion for spiritual solace. Here, a surprising report on why Streisand and other celebrities are embracing faith. By Al Coombes

The elegant woman sits quietly on the wooden bench; her hands are clenched tightly together. Her tear-filled eyes focus intently on the small boy standing in the middle of the room. An aura of motherly pride surrounds her as she listens to her son recite the passages he has been learning for months.

The place: a small Orthodox Jewish synagogue in Venice, California. The mother: Barbra Streisand. She is not playing out a role, but relishing every moment of her son Jason's bar mitzvah.

Barbra's lips silently mouth each line of her son's recitation, and one can sense the deep importance of the day, not only for the boy, but for his mother as well. For just as Jason performs the rite that initiates him into the duties of his faith, so has Barbra, with dedicated enthusiasm, recently returned to her religion, a return that has helped change her life.

It seems an incongruous setting for the initiation of the son of a Hollywood superstar. The room is spartan and unpretentious. There is no organ and no choir. Only the studied strains of the young man and the group of 70 close family and friends who nod in appreciation as they witness Jason's passage into manhood. Barbra is sitting beside her mother, Mrs. Louis Kind, with the other women members of the congregation. Among the men (who sit separately from the women in Orthodox synagogues) is the boy's father, Elliott Gould, crying openly as his son reads from the Torah.

Outside, hundreds of roller skating enthusiasts wheel their way along Venice Beach oblivious to the important ceremony taking place inside the small building. To the unaware, the synagogue is just another inconspicuous boardwalk edifice scarred from years of northwest winds and salt spray.

The name, Bay Cities' Synagogue (Pacific Jewish Center), is written in childlike scrawl across the walls. It is the place where Barbra Streisand has found a sense of tranquility, far removed from the fast-paced glitter of Hollywood that has so often put her life in turmoil.

Barbra was introduced to the synagogue by her former husband, Elliott Gould, who attends services there regularly with his wife, Jenny. Elliott suggested Rabbi Daniel Lapin as a good bar mitzvah tutor for their son.

"At first Barbra was concerned," confides Michael Medved, screenwriter and member of the Pacific Jewish Center. "She was worried that the boy would *(continued)*



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BARBRA STREISAND
A Star is Re-born
continued

have to memorize long passages of Hebrew and that the bar mitzvah ceremony would turn into a huge gala event. Rabbi Lapin assured her that Jason would have no problems with the preparation for his bar mitzvah, and that he would make sure it would be a private affair. It was at that meeting that Barbra said she felt comfortable with Rabbi Lapin, and soon after, she started to attend services at the temple."

Says Rabbi Lapin: "After my first meeting with Barbra, I suggested that she and Jason come to the synagogue for sabbath services on Friday night. Two weeks later, I received a call from her personal assistant saying that she would join the congregation that Friday. She came with her mother and Jason. From that time on, she developed a deep interest in learning about Jewish history."

For Barbra, the return to religion was not an instant solution for filling a spiritual void, nor a faddist's embracement of the current rage. As in all her past pursuits, an intellectual curiosity goes hand-in-hand with her re-entry into her faith.

"She has a sincere dedication to rediscover herself," says the rabbi. "She loves to talk at length about the Talmud and she calls me at home at least once every two weeks to go over some facet of Jewish history that interests her or to discuss a question that is giving her problems.

"'Look, I don't want you to think that I'm just doing this for Jason as a little ritual,'" Barbra told me, 'I really want to show him that it's important to me, too.' And it really is.

"It was a wonderful experience for me to watch as mother and child began discovering their religion together," continues Rabbi Lapin. "As they studied I sensed a special kind of closeness developing between them.

"Pretty soon Barbra got so interested that she scheduled lessons for herself. Now she has two hours of Jewish studies a week and has become very knowledgeable and conversant about Judaism."

Streisand's new interest in religion is not an isolated one in Hollywood. Reflecting the mood of the country, it is not surprising that many celebrities have shifted towards a more conservative lifestyle—which in many cases includes going back to church.

Frank Sinatra made headlines when he began taking private lessons in Catholicism in preparation for his petition to the Vatican to dissolve his first marriage to Nancy. Friends say Sinatra, the maverick, felt a compelling need to be allowed to take communion, attend confession and be buried in the Catholic faith.

Many other celebrities have been turning to formal religion, hoping to find spiritual solace. Among them are: Suzanne Somers, Lynda Carter, Cheryl Ladd, Donna Summer, Dionne Warwick, Bob Dylan, Dean Jones—the list goes on.

Longtime Hollywood observers wonder whether God has become just another "in" Hollywood figure. Is spirituality just a passing trend—or are the stars, like so many of us, yearning for stability in a troubled world?

Professor William Fry, a psychiatrist at Stanford University who has done a number of studies on celebrities, explains that Hollywood is a "frightening and unreal world, where the old values of church and family are non-existent. The stars must seek out a way to establish peace of mind. Many have tried drugs, alcohol and sex to help ease frustration—but have found that these crutches don't work. The men and women who become stars are born fighters. They have fought to get to the top, but en route, they may have pushed thoughts of God out of mind. Once on top, though, they look around and say, 'Is this all there is?'

Stardom can be lonely

"In reality, stardom can be very lonely. It's isolating. There comes a time when a celebrity feels he has no one to turn to and so he tries drugs or whatever to create a state of oblivion or euphoria. But these kinds of opiates don't work forever. Many celebrities have discovered, instead, an emotional anchor with the church."

TV's former *Wonder Woman*, Lynda Carter, discovered just how unfulfilling stardom can be. "You know, there was no reason in the world for me to be unhappy . . . but I was. I had insomnia . . . I was having troubles with my marriage . . . and I was frustrated with my life."

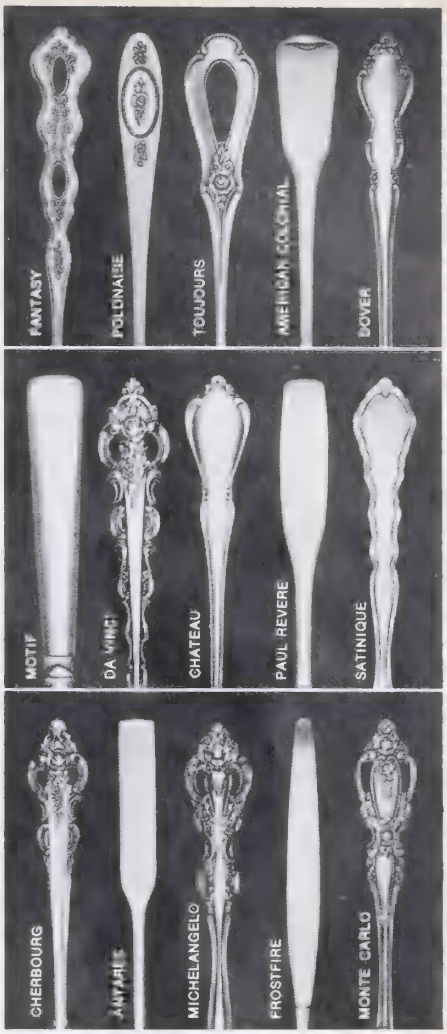
In her confusion, Lynda went home to Scottsdale, Arizona, where her sister, a born-again Christian, told her that she would find her answer in prayer.

"At that time I thought I'd reached the end of my rope," said Lynda. "So what did I have to lose? I prayed, asking God to come into my life. And overnight, my life took on new meaning. I suddenly realized that there was more to living than fame and fortune. After all, success won't mean anything fifty years from now and I don't want to spend the rest of my life walking around just waiting to die.

"Some of my more skeptical Hollywood friends look at me as if to say, 'What's the catch?' But there is none. You simply ask the Lord to come into your life and immediately you start filling up with an inner peace."

Lynda has traded the hectic, day-to-day existence of a TV star for the comforting isolation of ranch-style living with her husband, Ron Samuels. "I don't want to be thought of as a sex symbol anymore," she says. "Ron and I share simple pleasures and stay away from the glitter. To me, show business has become just another job."

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BARBRA STREISAND
A Star is Re-born
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No longer making the compromises she felt she had been led into by Hollywood's emphasis on money and fame, Lynda says her marriage is stronger now than it has ever been. "Ron admires my faith in the Lord and he's proud of me for standing up for my beliefs. He knows how good this newfound faith is for me because he's witnessed the changes."

Another star who discovered that instant fame causes heartbreak is "Angel" Cheryl Ladd. In the midst of depression, a friend suggested that she turn to God. She confides that the rediscovery of her faith gave her the strength to break away from an unhappy marriage to David Ladd.

Nowadays, Cheryl attends the First Presbyterian Church of North Hollywood with her new husband, Brian Russell—the son of a Presbyterian minister.

Cheryl credits the church for her current contentment.

"It was something I hadn't done in years," she says. "I had stopped going to church, because in California, I was afraid that being religious wouldn't fit in."

This feeling of embarrassment about choosing a more conservative lifestyle amidst the glittering, fast-paced, movie star crowd seems to have deterred many would-be Hollywood churchgoers. "It's tough to choose God," explains singer Pat Boone, who has been crusading from his Beverly Hills home for years. "It takes a lot of guts, particularly in Hollywood. If you're a star with the reputation of a sex symbol, how are you going to maintain that image and at the same time tell the world you're a God-fearing Christian? Many celebrities are afraid that going to church would ruin their image."

Spiritual hunger

While the singer/evangelist has performed hundreds of baptisms in his family swimming pool, he maintains that "for all the stars who are now admitting they have been 'born again,' there are still hundreds of closet Christians in Hollywood. There's a void, a spiritual hunger in America, that's just as urgent and as real as the starvation in Cambodia."

While many stars have turned to religion because, as Suzanne Somers puts it, "they found more happiness coming back to God than chasing fame," others find solace in faith when facing personal tragedy. Steve McQueen became a born-again Christian shortly after he learned he had cancer. Says the late star's close friend, confidant and flying instructor, Sammy Mason, "Steve started going to a little church in Ventura every Sunday with his wife Barbara [Minty].

"In the year following his first operation I noticed that he got closer and closer to God—that he seemed to find a lot of peace in going to church and reading the Bible. I'm sure his faith helped him get through the pain of cancer and the knowledge that he was dying."

In Streisand's case, perhaps, what has rekindled her interest in faith is a corner of her life that has remained unresolved.

A deeply religious man, Barbra's father, Emanuel Streisand, died when she was only 15 months old. Barbra was obviously too young to have known and understood the part-time Hebrew teacher, but even as a child, she tried to discover her roots through her father's memory. She was always asking her mother to tell her stories about Emanuel.

"I guess like every little girl, her father was her secret hero," observed her former drama coach, Alan Miller. "And she felt cheated because he died when she was just a baby. She tried to cover her feelings with the veneer of a brash street kid. When I first met her—she was fifteen—I didn't understand just how unhappy she was."

Indeed, those who remember the young Barbra recall a lonely, tormented soul, ridiculed by her peers, who dubbed her "Big Beak" and "Crazy Barbra."

As a young girl, she was deeply interested in her heritage, but as she grew up, she lost contact with organized Judaism and later drifted away completely to pursue stardom. Now, Barbra's studies are helping her open those few closed recesses of her personality.

"She's told me that studying her religion takes her back to her childhood," says Rabbi Lapin. "And what's important to her is that she rediscover the father she lost when she was just a small child."

Just how important Emanuel Streisand's memory is to his daughter is underlined by the thousands of dollars in contributions she has made to the Pacific Jewish Center's day school. "We asked her what we could do to thank her for her help," said the Rabbi, "and she said she would be honored if we named the new center, The Emanuel Streisand School, in memory of her father."

In the last few months, Barbra's resurgence into Judaism has moved well beyond a simple harking back to her past. On a recent visit to New York, she donated a large sum of money to an institute for Jewish intellectual research and attended sabbath services in an Orthodox synagogue in Manhattan, well known for attracting young people who have recently returned to Judaism.

While Barbra's live-in boyfriend, Jon Peters, is not Jewish, he helped organize Jason's bar mitzvah—and is now involved in Streisand's latest project, *Yentl*. Based on a short story by Nobel prize-winning author Isaac Bashevis Singer, the film is about a Jewish girl who disguises herself as a boy in order to study Talmud.

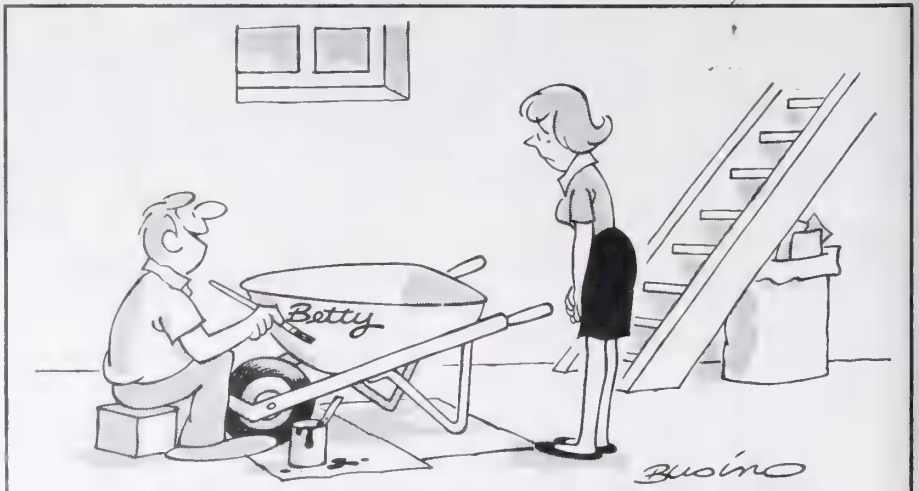
The purchase of *Yentl* is also part of Barbra's quest to discover her heritage. The actress bought the movie despite the advice of a number of her Hollywood advisers and colleagues, who consider the film to be a financial risk. They argue that the 38-year-old actress is too old for the role of the teen-aged Yentl; that the story is steeped in the sort of ethnic lore and religious traditions that frighten Hollywood financiers, who'd rather appeal to the widest audience; and that the movie requires a hefty budget—a reputed $14 million *before* the cameras begin rolling.

Originally, Orion Pictures put up the money to develop the screenplay and the music for the proposed film. But the project was called off "mutually by Streisand and Peters and Orion because it was getting out of hand financially."

Many insiders say that even with a superstar like Streisand in the title role, the money will not be easy to find for such an ethnic project. They cite *Fiddler on the Roof*, a successful musical in New York, but a flop when made into a movie and released nationally.

It also has been suggested that Barbra's recent split with her long-time agent,

(continued on page 28)

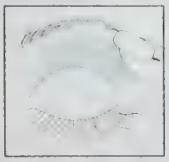


"I guess I'll never have a yacht to name after you—so I'm doing the next best thing."

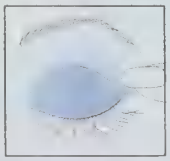
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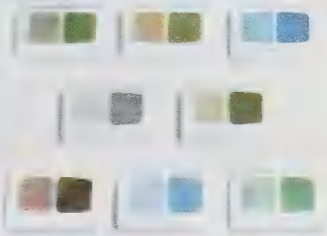
1. Highlight browbone with paler shade of shadow.



2. Cover lid with darker shade of shadow.

You can play and invent your own effects. For example, cover the inner half of your lid with the paler shade, the outer half with the darker shade, extending the color beyond the eye.

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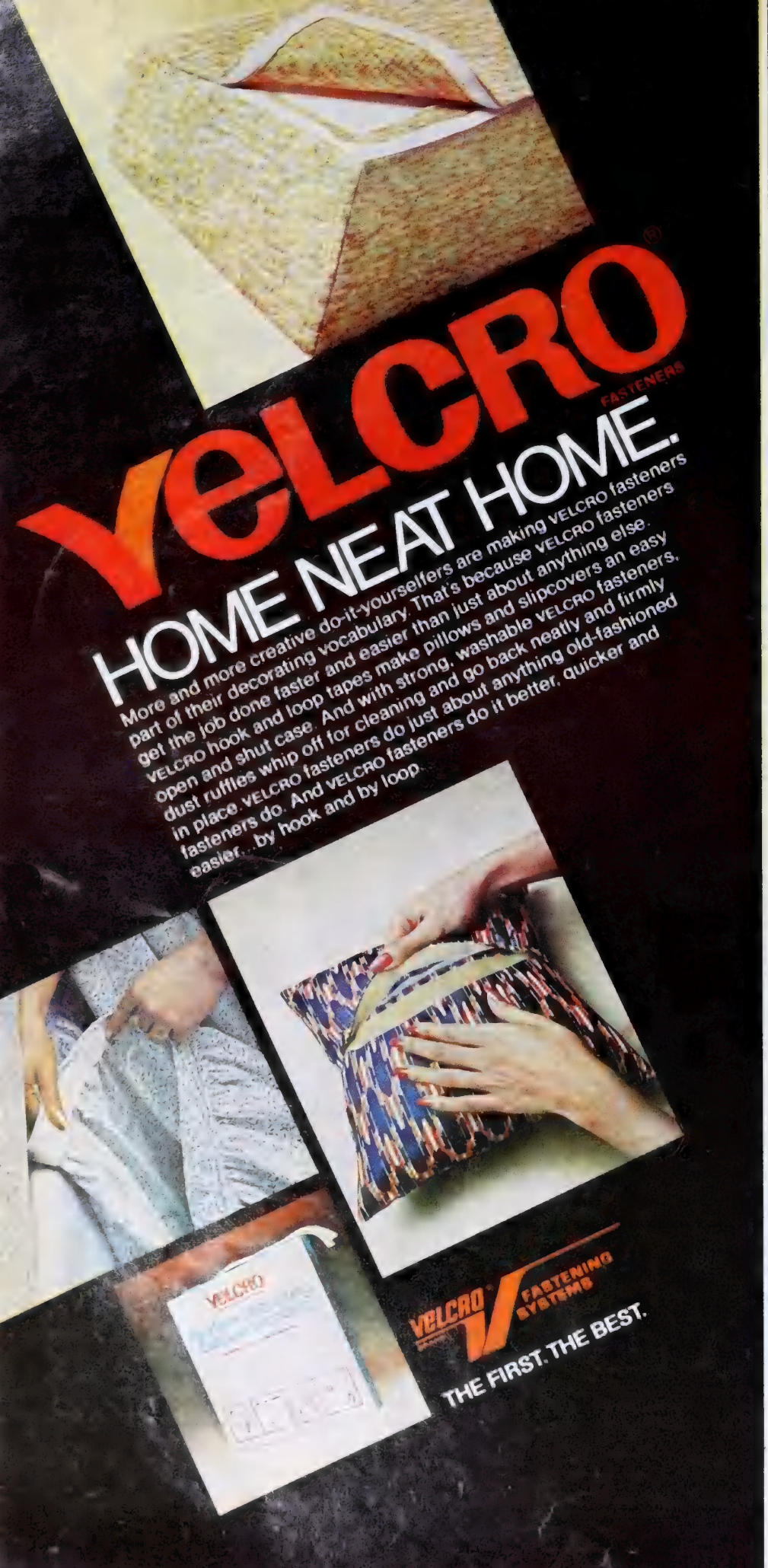
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BARBRA STREISAND
A Star is Re-born

continued from page 24

Sue Mengers, was sparked in part by t singer's insistence to produce *Yentl* d spite Menger's advice to the contrary.

But Barbra's characteristic tenaciou ness prevails. She still intends to ma the movie and star in it. "The film is ve important to her," says Rabbi Lapin. "A she's determined to do it right. She to me that the whole reason she's so inte ested in doing the film is because of h commitment to Judaism."

It was Elliott Gould's newfound inte est in religion that sparked Barbra's i volvement. Although Gould and Stre sand divorced in 1971, the couple ha stayed in close contact because of the son, Jason, who is now 14 years old.

"My return to religion began five yea ago," says Gould. "Up until then I ha always been aware of an unquestioni belief [in a supreme being]. But I had real understanding of faith; I was on aware that some of my friends had it a that I did not.

"At that time, five years ago, my li seemed so empty. I felt so alone . . . was divorced from my second wife, Jen [the couple has since remarried], I w confused, I had doubts about myself, m work. I was losing interest in life.

"When I started questioning my life, began to think about faith. Today m religion gives me peace. It's a wonderf discipline. I talked to Barbra and Jas about it. I wanted my son's religion have more meaning for him than mi did for me when I was a child."

Change in Barbra

Friends have noticed a striking chang in the once high-strung, often abrasiv star. "Barbra's much calmer nowadays says songwriter Paul Jabara. Adds K therina Hedburg, who helps Streisan with her keep-fit program, "She used t be easily frazzled. But the last time I sa her she was radiant. I think she's foun something she can hold on to, somethin she knows won't let her down."

Barbra's involvement with religion reported to have helped her through th stormy split with Jon Peters earlier th year. Friends say that she and Pete were constantly at "each other's throats, but the rift has been patched up an visitors to the Malibu Ranch say they' never seen her so relaxed in years.

Whether celebrities have simply begu to take pleasure in the simpler, mo basic values espoused by their religion or have turned to God out of a need to fi a void, one thing is clear: "After so man years of being treated like gods them selves," says Dr. Fry, "these stars a happy to find themselves in the presenc of a much bigger star." **En**

"Are you kidding? Switch toothpastes? Lover boy here needs his fluoride paste."



"He can still get cavities. So he still needs a fluoride."



"Ah, Mom, I want a gel for fresh breath."



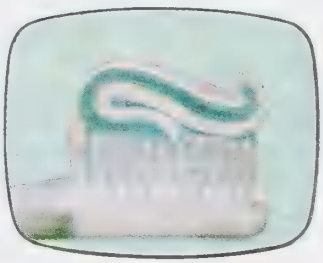
"We switched to Aqua-fresh. Now we fight cavities and freshen breath."



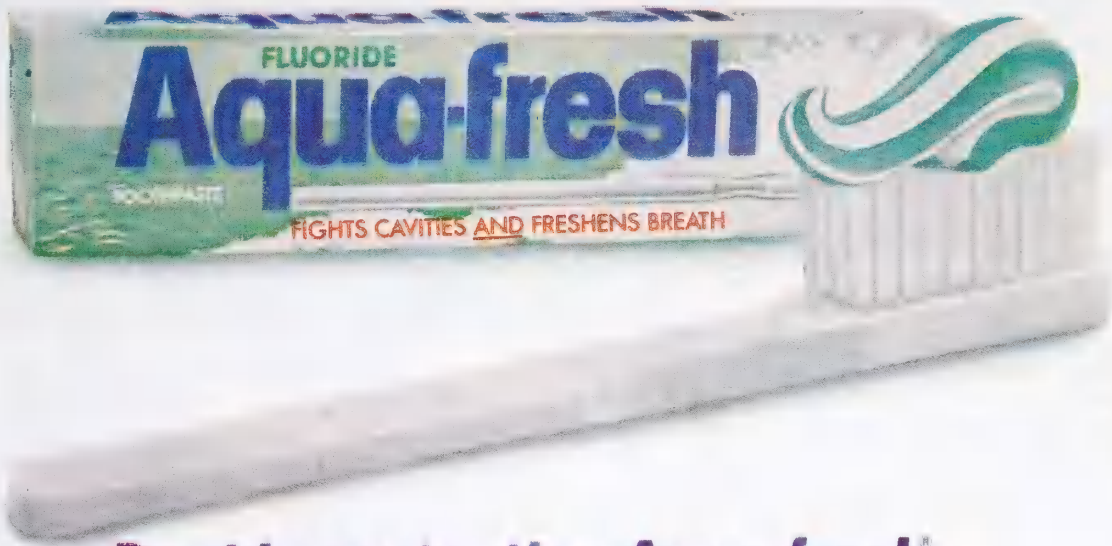
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Elizabeth Taylor Talks about Herself, Politics, Marriage and more



Our own Gene Shalit captures a still-glittering star in a very special interview. As she says, "Being beautiful *inside*," is the important thing.

A clap of laughter leaps through the walls of a Waldorf Towers suite high above New York's Park Avenue. It is unmistakably Elizabeth Taylor's laugh—boisterous, reassuring, welcoming. I walk along the corridor, drawn toward that laughter, toward a woman of sweeping celebrity, one of Hollywood's final few, in a caste by herself. For years she has been panegyrized, idolized, royally engulfed, stalked by the press, hounded, hyped and hailed on every continent.

When pneumonia choked her, the world held its breath.

When she breathed again, the world exhaled.

When she accepted a diamond, the world priced it.

When she set a style, the world pursued it. And then it stopped. Elizabeth Taylor stepped from glaring light to twilight glow. She sailed from Hollywood parties to the Republican party, from Beverly Hills to the arms of John Warner, United States Senator, the man she worked so diligently to help elect.

Now she has agreed to talk, and her laughter bids me enter, a winning bid. We are in her drawing room. She is sitting on the edge of a straight chair, sitting very erect. Her eyes *are* violet, her hair a luxuriant black. Her understated ornaments: a plain necklace of gold and a simple wedding band. I lose the posture contest as I lean to catch her words. Her laughter catches me. "Noel Coward," she is saying, "told me that my laugh sounded like a drunken sailor. But it's very important to me. Laughing from your gut makes you feel happy."

She is relaxed. Why not? A new movie, a 2,000-acre farm in Virginia, a townhouse in the luxe Georgetown sector of Washington, the wife of a Senator in the new president's party. Now she's ready to put herself on the line, daring to dare, ready for the coiled critics licking to leap. She's determined to open on Broadway soon in Lillian Hellman's prize-winning drama, *The Little Foxes*. She's got a tough act (and actresses) to follow: Tallulah Bankhead on stage, Bette Davis on screen. Not only is this her first time on Broadway, but, she points out, "It is my first appearance on the stage, *period*! If I get through *this*, I'll *really* be thrilled."

Is she scared? "I won't know until I get there and find out if I'm scared or not scared." And is she afraid of the critics?

"*No!*" She bites off the word with a snap.

Still, it is a risk. In films, one memorizes a scene or part of one scene, a day at a time. On Broadway, the entire play must be memorized in one gulp and spoken out in its entirety at each performance. "I used to have a good memory and, knock wood, I still do. Look: of *course* it scares me. I haven't tried it yet. But I'm not going to back out!"

The adrenaline is flowing. Has she ever wanted to strangle people who have written about her viciously?

"No, you have to be a bit more philosophical than that, or else (*a devilish little giggle*) there would be a lot of corpses around." She grows reflective. "It hurts at times, sure. But you have to live with yourself and the people around you, and you have to get *rid* of that hurt."

What do you do if somebody writes a lie about you?

"In this country you have no recourse. There are no laws to protect a celebrity. Writers can say anything as long as they slip in *(continued)*

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What's Happening
continued

legal sidesteps like 'alleged' or 'it is rumored.' In England, you *can* win. I sued three papers in London for retractions and minimal money. I didn't want the money, but I *did* want the retractions."

Was the press hard on her when she campaigned for her husband?

"Not really. I was working for John like any other campaigning wife, and believe you me we worked hard. I wasn't taken as a celebrity working for her potential senatorial husband. Oh, the opposition made a few cracks about me. They said I'd been married too many times, but that had nothing to do with John's philosophy of life or work."

You're an advocate of ERA.

"Yes, I am."

And he's not.

"He believes in equal rights and equal pay. He just doesn't believe that the Constitution should be amended."

Do you believe that women should be drafted?

"I really can't see myself behind a machine gun, although sometimes I'd *like* to be there."

It depends who it was aimed at?

"Exactly!" And she laughs. Then: "I think women in the intelligentsia should be given jobs of importance equal to men. The female brain is just as good as a man's brain. And that's where it really comes to the crunch."

From international glitter to a Virginia farm and big-time Washington politics. What's life been like since the election?

"There's a great similarity between politics and show business. You have to be *on*. You have to be responsible to and for the public. There's just one vast difference: one is fact and the other is fiction. In politics you cannot have a retake or a re-cut, and you cannot lean on Tennessee Williams or William Shakespeare for your lines. You are out there on your *own*. You're responsible for what comes out of your mouth. You sink or swim."

It's been said that you think of marriage as one continuous honeymoon.

"Oh, I'm more practical than that. John and I have a saying that in our marriage we each give fifty-one percent, because one may fall behind and only give forty-nine, so the other gives fifty-one. If you keep trying to give fifty-one percent you're bound to come out even. Look, I'm not a counselor on marriage. *Obviously!*" She gives a self-deprecating laugh. "We have a very competitive relationship and the strength of our marriage is partially due to our give-and-take. That's living. We're very much on a par in our giving and taking. That's what I mean by fifty-one percent. You have to commit yourself to that output."

You have children, he has children. Do they ever get together on the farm?

"Oh, sure. It's kind of like a Holi Inn. His, mine, together. Now that Jo so busy we only get down there on S days. We leave Georgetown at noon, w around the farm, have dinner and w on our way back by nine o'clock."

Are the wives of congressmen and s ators uneasy with you? Do you feel I an outsider with them? Have you cepted one another?

"We certainly accept each other. W all in the same boat. We never know w time our husbands are coming hon When Congress was ending its session the year, John didn't get home until o'clock in the morning. And then th started the next session at one o'clock the afternoon. So we wives have a shar sense of understanding. My being p haps a bit more famous in another w has no bearing on my new friendships all. We relax and get along, and w have long-lasting friendships."

You tend to keep friends.

"I was twelve years old when I ma *National Velvet*, and my older sister w played by a girl named Angela Lansbu Now, thirty-seven years later, I've ma *The Mirror Crack'd* and Angela is in again. She plays Miss Marple—it's Agatha Christie mystery. My favor movies were *National Velvet* and *Wh Afraid of Virginia Woolf* and two by Te nessee Williams, *Cat on a Hot Tin Ro* and *Suddenly Last Summer*."

You won your first Academy Award *Butterfield 8*. Didn't you like that one?

"That was *not* one of my favorite film I only saw it once, in an incomple version. I was really kind of angry abo having to do it, because the studio put gun to my head and I didn't apprecia that at all. *Cat on a Hot Tin Roof* w very hard because my husband, Mik Todd, was killed in a plane crash just tw weeks after we started filming. I'm ver proud of myself that I got through it."

She once said: "I'm a fighter, a pr vailer, a survivor, otherwise I wouldn't b alive." And now she remembers, as sh gazes over my shoulder into the distanc

Fighting for life

"I was pronounced dead four times. had pneumonia and I had stoppe breathing. My nails had turned blue an my body was losing its color. I was o ficially dead. Then I came around. I wa in and out of comas for six weeks. remember vividly that I felt awake but couldn't get my breath, no air would g in! I had the most extraordinary sens that I was dead and I saw a sort of golde light and I felt that people were *makin* me fight, telling me to *live*, and I wa enveloped in this golden aura." She i silent for a moment and then her eye snap back to the present. She smiles.

What do you like about yourself?

"I've never considered that. I've neve said, 'Hey, Elizabeth, you're terrific be

(continued on page 131)

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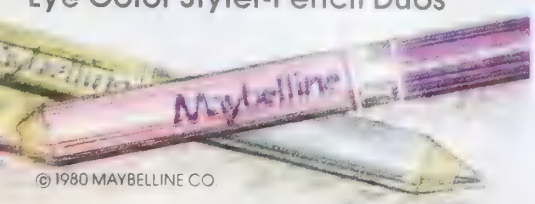
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IT'S NOT EASY TO BE A WOMAN TODAY!

"My Baby's Fighting Spirit Gave Me Strength"

By Katherine Mann

Tom and I saw the concern on Dr. Browning's face as he examined our eight-month-old baby, Amy. "Something is not quite right," the orthopedic surgeon said, rotating her legs as she lay on the examining table. When he moved her right leg to take an X-ray, Amy started to cry.

A short while later I stood looking at the picture of her tiny skeleton, trying to comprehend what the doctor was telling me. "Amy has what we call a displastic hip, which means her leg doesn't fit securely into her hip socket," he explained. If this condition were not treated immediately, he said, my second daughter would be crippled for life. I began to feel faint.

"Consider yourself lucky," he continued encouragingly. "Twenty years ago no one knew how to correct this problem. We can't guarantee success; now, however, there's a lot we can do. But it won't be easy."

He told us that Amy would be placed in traction for five days and then undergo surgery. After the operation she would have to wear a Spica cast, a suit of plaster enclosing her body from her armpits to her toes, for at least eight months to a year.

As our daughter lay gurgling on Dr. Browning's examining table, I ran my hands over her small body, trying to imagine the alabaster shell that would soon come between us. So many things, it seemed, had separated us from the moment of her birth.

Constant worry during pregnancy

Every expectant mother worries that something might be wrong with her unborn child. My anxieties had been deeper than those of most women. I had been severely depressed throughout my pregnancy with Amy, plagued with fears that I could not meet the needs and demands of a second child. A psychiatrist had prescribed anti-depressants. I took them, but feared they might affect my baby adversely. The doctor assured me it was safe to take them, but I worried constantly during my pregnancy.

Amy was born seven weeks prematurely and had severe respiratory problems. For the first ten days of her life, she was kept in the hospital's intensive care unit and I was not allowed to touch or nurse her. My first daughter, Emily, had been a healthy baby, and was able to "room in" with me at the hospital within hours of her birth. The immediate intimacy had created a special bond between us from the start. It was hard to feel that tie with my new baby. I found it painful to visit the nursery each day where I was only allowed to peek at her in her incubator.

When we brought her home from the hospital two weeks later, Amy seemed a tiny, needy stranger. I felt responsible for her prematurity. And although I really couldn't admit it to myself, my new daughter frightened me. My depression deepened. I wondered if we would ever grow close.

Despite my dark mood, Amy proved to be a sunny, responsive baby. Slowly I began to sense my depression lifting during the months that followed her birth. But as I studied the X-rays that day in Dr. Browning's office, my anxiety returned. What effect would the cast have on Amy's development, I wondered. At eight months other children are learning to crawl and walk. How would being confined for nearly a year affect her psychologically? And if this arduous process didn't *(continued)*



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It's Not Easy

continued

repair her hip, what would we try next?

The first sight of Amy in the body cast was painful for Tom and me. Waking up in the recovery room, she began to wail when she saw us. We couldn't touch her until the plaster had fully dried.

"I'm not sure I'm strong enough to get through this," I told Tom.

"It's Amy who will have to go through this. Not us," he replied. "We can only try to help her." I knew he was right.

When we first came home from the hospital after the operation, I hovered over my baby constantly. I sensed how helpless she was without me, yet it made me nervous to handle her. The doctor had warned me to move Amy carefully. Jarring her, he said, could be dangerous. The cast had been molded to keep her in a permanent sitting position. It had also doubled her weight, making her awkward and heavy to carry.

Coping day to day with the practical problems created by the Spica required all my ingenuity. The cast had an opening so that Amy could excrete normally, but keeping her body and the plaster clean and dry was not as simple as changing diapers. I began lining the cast opening with plastic wrap to prevent it from getting wet. When that didn't work, I discovered that I could use my hairdryer to dry the plaster. I even found I could blow baby powder into the cast to discourage rashes. Amy was amazingly patient throughout my learning process. Her fighting spirit gave me strength.

During the long, cold Vermont winter, the two of us spent a lot of time alone together. My husband was often away on business trips and my older daughter was in school most of the day. Because I couldn't risk slipping on the icy roads with Amy in my arms, we were imprisoned in the house most of the time.

Amy had reached the age at which all babies are totally preoccupied with movement. I tried to invent ways to give her a sense of motion. As I read to her each afternoon I'd rock her gently in a sturdy rocking chair. I eventually dared to sit her in a little wagon filled with blocks and toys, and pull her through the house. Once she managed to climb over the edge and fall to the floor. Miraculously neither she nor the cast was harmed, but we were both shocked and upset.

Generally, though, Amy's unfailing good nature kept us both on an even keel. I admired how she'd adapted to her awkward confinement so effortlessly. She could occupy herself happily for hours, chattering away. Set on the floor she learned to twirl in circles in her cast and move herself backwards. As she'd slowly inch away from me she'd invariably wave bye-bye. This became a favorite game between us. Amy often made me laugh.

I began to look forward to our afternoons together. It was a rich time for both of us. Amy loved books and music and puzzles, and she loved learning to talk. She and her sister became great pals. Despite seemingly impossible circumstances, I found myself feeling happy too—and happy to be Amy's mother.

The worst traumas for all of us were the periodic visits to the hospital. Every six weeks, Amy was put under general anesthesia so her cast could be changed. Each time we got into the car, she thought it meant another trip to the hospital and she invariably began to howl.

Amy had spent eight months in the Spica when Dr. Browning unexpectedly asked us to bring her in. Tom and I were frightened. We comforted Amy as the doctor cut off the cast and took X-rays.

Perfectly mended

The pictures revealed that Amy's hip had mended perfectly. No more casts or hospital visits were necessary. She had healed several months sooner than the doctor had predicted. Why hadn't he hinted at how well she was doing?

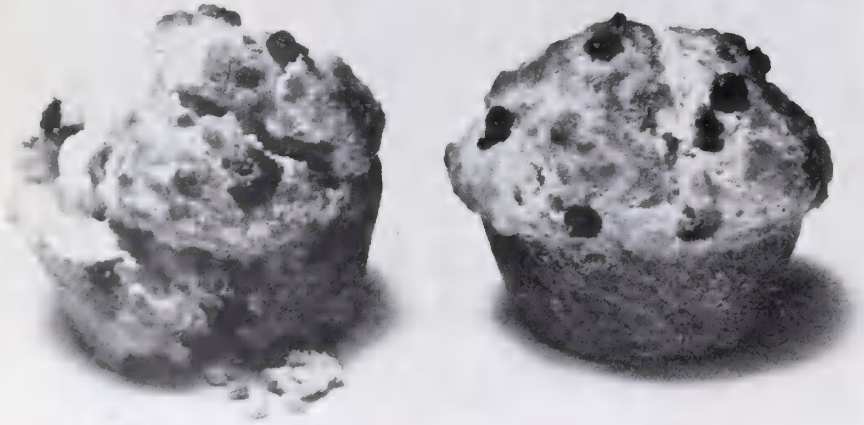
"It always pays to be a pessimist in such circumstances," he answered. "You never know how those bones have moved until you see the X-rays, so you prepare for the worst. Then the wonderful surprise is a dividend."

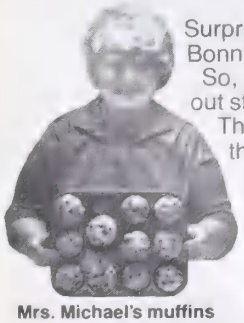
At first Amy's new freedom seemed more like a gift to us than to her. She was cautious and visibly afraid of moving too much. But soon she became enchanted with exploring her surroundings. Each small triumph was a triumph for all of us.

It took her months to learn to crawl, stand and walk. On her second birthday, as I watched her toddle around the living room passing out birthday cake to family and friends, I realized how very lucky we both were. For all the difficulties of the past year, Amy and I had emerged together, strengthened and healed. **End**

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay $250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed if possible, and should be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box INE, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts, but we will make every effort to see that your manuscript is returned to you.

Which muffin took first prize at the Illinois State Fair?





Mrs. Michael's muffins pop out perfect with Baker's Secret bakeware.

Surprise. Both blueberry muffins were made from Mrs. Bonnie Michael's prize winning recipe—*but in different pans.* So, only the muffin at the right popped out perfect. Without sticking or tearing.

The secret: Baker's Secret, the fine quality bakeware with the Easy-Out finish.

No sticking.
No tearing.
No kidding.

EKCO Baker's Secret™ BAKEWARE

Everything comes out simply perfect.



Satura every day. Because the last thing you want your moisturizer to do is show your age.

Satura is the intense moisturizer formulated to keep your skin looking and feeling younger.

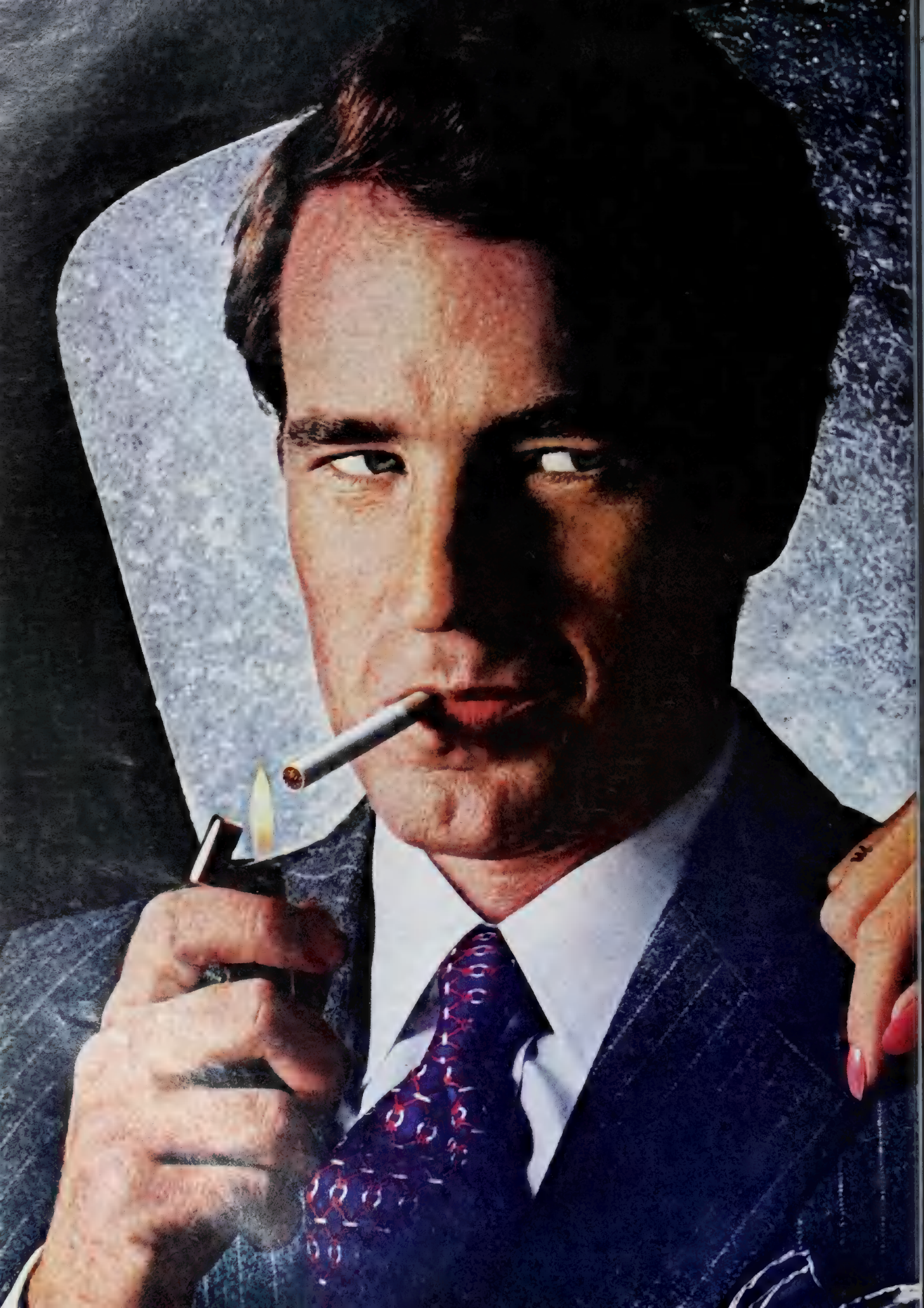
Satura helps raise the moisture level of your skin, while its active humectants attract moisture.

And finally, the beautiful blend of emollient oils help seal in every precious drop. So your skin looks and feels vibrantly smoother and fresher, alive with that radiant glow of youthful beauty every woman wants, at every age.

Satura by Dorothy Gray. Because the last thing Satura's intense moisturizer will do is show your age.

Satura Intense Moisturizers by Dorothy Gray.

Formulated in Creams and Lotions.



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The pleasure is back.



BARCLAY

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Also available
in 100's and Box

ngs and Box, 1 mg. "tar", 0.2 mg. nicotine;
0's, 3 mg. "tar", 0.4 mg. nicotine
. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Here are some tips for income tax savings you may not know about. Even if you've filed your return, it's not too late to take advantage of them.

By Sylvia Porter

Special Tax Tips for 1980

Do you claim anyone as a dependent? Are you an employee who works at home? Are you a divorced or separated parent trying to avoid arguments about tax deductions for your children? If you fit any of these categories, or others, you'll find valuable, money-saving tax strategies for your 1980 income tax return below. Study them carefully before you file your 1980 return or if you have already filed and need to correct an error, merely fill out and file the one-page form 1040X, available at your nearest IRS office. Corrections will be accepted with no unpleasant consequences to you.

If I am living, unmarried, with a person of the opposite sex, whom I have been supporting, can I claim that person as a dependent?

Yes, you can, even though the person is not a relative. You may claim a nonrelative as a dependent if during the year the person's gross income was under $1,000, you furnished more than half the support, that person had your home as a principal place of abode and the person was a member of your household for the entire year. Temporary absences caused by vacations, illness, etc., don't disqualify the dependent. This assumes that local law does not declare it illegal for an unmarried man and woman to live together.

What about a divorced or separated parent trying to avoid litigation over which parent can claim the dependency exemption for the children?

The parent who had custody of the child for the greater part of the year (usually the mother) will generally get the dependency exemption. But the other parent (usually the father) can have the exemption if either (1) he contributed at least $600 to a child's support during the year, and the separation or divorce decree or a written agreement provides that he gets the exemption, or (2) he contributed $1,200 or more for each child supported during the year and the parent having custody (the wife) doesn't prove that she contributed more. If she claims she contributed more than he did, then each parent is entitled to an itemized statement of expenses claimed by the other.

These rules apply only when the parents together furnish more than half of a child's support for the year and the child is in the custody of one or both parents for more than half the year. (Thus it wouldn't apply if the child was in the custody of grandparents for seven months of the year or if they contributed 75 percent of the child's total support.) Before making any agreements about dependency exemptions, be on guard: Medical expenses and child-care deductions will depend on which parent gets the dependency exemptions.

What deductions can I take if I am an employee who performs part of my job in my house or apartment?

You cannot get any deduction for an office at home unless you use it for one of these specific purposes: (1) As your principal place of business, or (2) as a place of business used by your patients, clients or customers in meeting or dealing with you in the normal course of your trade or business. If you are an employee using your home for either purpose above it must be "for the convenience of your employer."

If you are an outside salesperson or other employee who works away from your employer's office location and you are expected by your employer to work out of your own home and keep your own necessary business records, you should have no difficulty in meeting these provisions of the new rules.

But even if you use office-at-home for one of these acceptable purposes, you cannot take a deduction unless you meet other requirements. Specifically, you must use a portion of your residence both on *a regular basis* and *exclusively* for one of the acceptable purposes.

Since the room or other portion of your home must be used exclusively for business purposes, the allocation must presumably be made solely on a space basis. Compare the proportion of the space used regularly for office purposes to the total area of the house or apartment. For example, if the room used as an office is 100 square feet of an apartment totaling 1,000 square feet, the allocation is 10 percent or $100 would be allocated to the office-at-home. Any other reasonable allocation method is probably acceptable.



Warning: You can't deduct any of your office-at-home expenses if you are doing your office work in a part of your residence that serves for both office and home use and not

(continued on page 132)

Illustration by Frank Schwartz

WALK IN AND WIN

NATURALIZER

WALK OUT LOOKIN' GOOD

The sweepstakes that takes you one step closer to a dream vacation.

Four Grand Prize Winners. Naturalizer's "Walk In And Win" Sweepstakes is a chance to win your choice of four exciting expense-paid trips for two, each of which will have you Walkin' Natural in the city **and** the country. Enjoy Miami's nightlife and the blue waters off Bermuda; the streets of San Francisco and the beaches of Carmel; the bustle of Boston and the calm of Cape Cod; or the majestic skyline of Chicago and lazy Lake Geneva afternoons.

See if your symbol matches up to a prize. All you have to do is bring your sweepstakes symbol to a participating Naturalizer retailer and match it to the color of the winning symbol on the "Walk In And Win" sweepstakes display.

Even if you don't have a match, you can still be a winner in our Second Chance drawing for unclaimed prizes.

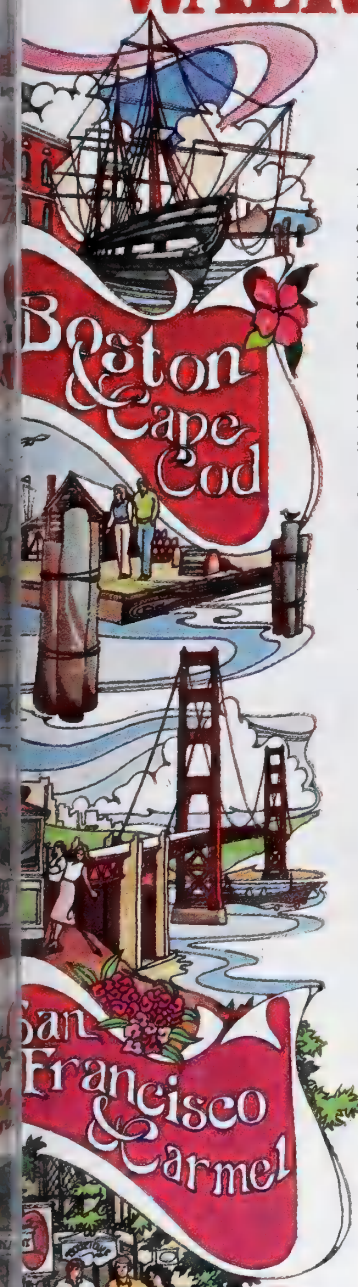
Walk into your nearest Naturalizer store now. Find out if you're a winner at any participating Naturalizer store. You may find yourself walking out with a dream trip for two!

Contest closes May 15, 1981.

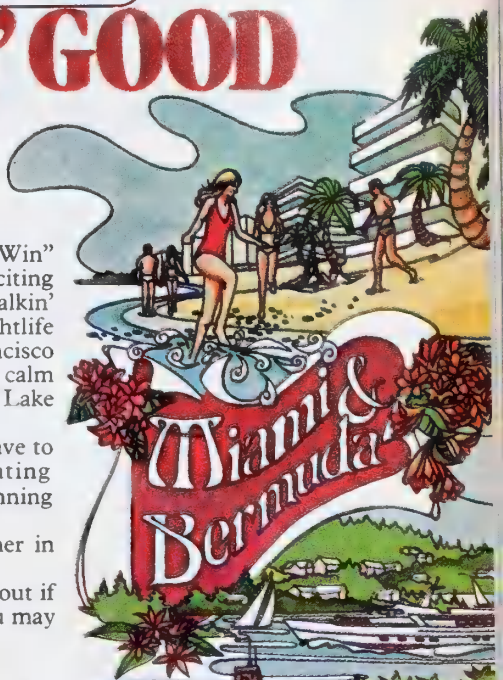
OFFICIAL RULES NATURALIZER "WALK IN AND WIN" SWEEPSTAKES

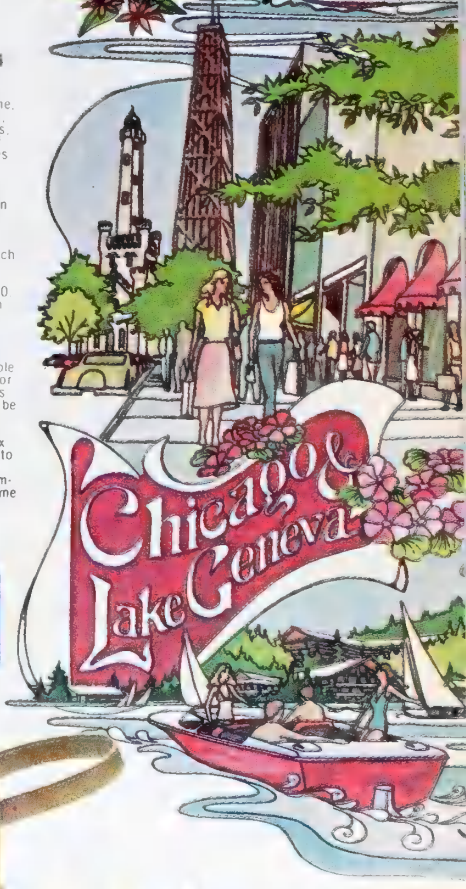
NO PURCHASE NECESSARY

1. Here's how to win — Compare the official symbol in this magazine with the symbol appearing on the Naturalizer® "Walk In and Win" sweepstakes display at your participating shoe retailer. If your symbol in the magazine exactly matches the color of the symbol on the display, you have won one of the four trip prizes.
2. To verify and redeem a winning symbol — If you are eligible to receive a prize, sign your full legal signature across the face of the winning symbol. Hand print your full name, address and telephone number and the name and address of your participating retailer immediately below the symbol or on a plain white card. Mail your winning symbol and card via registered mail, return receipt requested, to: River Associates, P.O. Box 8756, St. Louis, MO 63102. All claims are subject to verification by River Associates, an independent judging organization, whose decisions are final. All winning Symbols must be received before May 15, 1981. Winning symbols received after the above date shall be void and ineligible for prizes. Any attempt to forge winning symbols or defraud in any way will be prosecuted to the fullest extent of the law. To obtain a reprint of the prize winning symbol on the sweepstakes display, write to: River Associates, P.O. Box 7315, St. Louis, MO 63177. Odds of holding a winning symbol are 1 in 5,405,250.
3. All prizes will be awarded. In the event that all prizes are not claimed, a random drawing will be held on June 30, 1981 from among all "Walk In and Win" Second Chance entries received. Entry blanks and details for the separate Second Chance Sweepstakes are available at your participating Naturalizer retailer, or on a 3 x 5 plain paper print the words "Walk In and Win Sweepstakes" along with your name, address, and zip code. Enter as often as you wish, but mail each entry separately to: River Associates, P.O. Box 7314, St. Louis, MO 63177. The odds of winning will be determined by the number of prizes unclaimed and the number of entries received.
4. Sweepstakes open to all U.S. residents except where prohibited, restricted or taxed by law. Employees (and their immediate families) of Brown Shoe Company, its affiliated companies, its advertising and promotion agencies and judging organizations, suppliers and manufacturers of sweepstakes materials, and any publications in which the symbols appear are not eligible to participate.
5. No substitution for prizes offered is allowed. Value of each vacation prize will not exceed $3,500. Prizes are not transferable without our permission. Travel accommodations are by sponsor's choice. Dates of departure for travel prizes subject to availability. An affidavit of eligibility and a release from liability will be required. All taxes, including but not limited to sales and income tax, are the sole responsibility of winners. Any prize won by a minor will be awarded in the name of the minor's parents or legal guardian. One prize per family. Trips must be taken by May 15, 1982.
6. For list of prize winners, send a stamped, self-addressed envelope to: River Associates, P.O. Box 7315, St. Louis, MO 63177. Do not send entries to this address.
7. Each winning entrant grants to Brown Shoe Company without limitation the right to use entrant's name and likeness for any advertising and promotional purposes without additional compensation.









This is your Instant Winner Symbol.

NATURALIZER®

Brown Shoe Company, 8300 Maryland Avenue, Box 354, St. Louis, Mo. 63166•a member of Brown Group, Inc.

Beauty Journal



Jump into spring with tips on how to tell a terrific haircut, ways to fight fatigue, a new rope-skipping step.

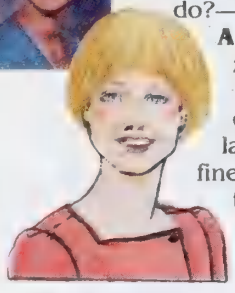
Heads Up—Getting a Great Cut

Great hairstyles begin with great haircuts (see "Diamond Cuts," page 84.) Here, some guidelines to help you get the best. • Hair should never look as if it's been "cut." Wispy, "paintbrush" ends; kinks that won't kick out; chewed-up chunks—are all dead giveaways of poorly clipped hair. • Lots of daily fussing means you need a different cut. A maximum of 10-15 minutes of your precious morning time and you should be on your way. • Your hairstyle should reflect your lifestyle—long, flowing locks on a bank executive are out of place. • Consider body proportions (that means a long, *honest* look in the mirror) and your way of dressing. If you love frilly, romantic clothes, a crisp geometric cut may not be for you. • A good haircut will flatter your best features, minimize your flaws. Your stylist should be able to size you up immediately and recognize what you need. • The cut should be right for your hair's texture and natural wave. If your hair is thin and fine, don't expect Farrah Fawcett fullness. Similarly, a Dutch boy bob never stays smooth with coarse, wiry hair. • A good cut should have built-in versatility—to quick-change sporty to glamorous. Can you sweep it to the side with a glittery comb for evening? Or keep it out of your eyes during a rigorous tennis game?

Reader Makeover



Q. For the past five years, I've worn my baby fine hair in the same style (pictured left)—but I'm growing tired of it. Any suggestions as to what I can do?—J.G., Cedarstown, Ga.



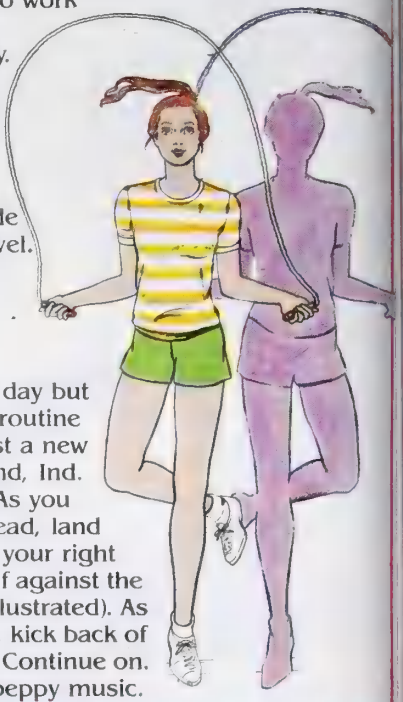
A. Here's a new hairstyle that's zippy, fun and a cinch to care for (illustrated). Basically all one length, the cut is gradually layered at the edges (good for fine, thin hair) and shaped around the face with a fringe of bangs (helping cover a high forehead). You can quickly blow it dry—or even let it dry naturally. Result? Flattery that frames your face, bringing out your eyes, softening a strong jawline.

Spring Starters

To get you glowing for a brand new season, some fabulous finds . . . • Seeing spots on your skin? To help them fade away in as little as six weeks—a cream with a bleaching agent and sunscreen. Avon Banishing Cream, 3 oz., $6.50. • If you spend most of your waking hours wearing foundation, treat yourself to one that masks flaws, evens skin tone *and* moisturizes, softens, protects. Teint Dior by Christian Dior, 1 oz., $22.50. • Little "laugh lines" making you anxious? To the rescue, a product containing an ingredient found in firm, youthful skin. European Collagen Complex Exceptional Beauty Cream, 1⅛ oz., $6.50; Lotion, 1⅞ oz., $6.50; by Revlon. • To match the spring flowers peeking through the snow, new colors for lips (like Romantic Rose). Ultra-Slim lipstick in Free Spirit Colors by Maybelline, $2.50. • An entire bar of soap in one tiny bottle? Fragranced with lush lavender, Yardley Liquid Soap, 2-oz. travel size, 39¢.

The Way You Work

Does sitting at a desk (typing, reading or preparing a tax return) for hours leave you exhausted? Here are a few tips to make work/study time more relaxing . . . hence, more productive. • Wear comfortable clothing. If shoes are constricting, slip them off. • Take breaks. Most adults have a concentration span of 45-50 minutes. Movement relieves tension. Walk around—or if desk-bound, stretch your muscles, wiggle your toes. • The American Optometric Assoc. suggests that you face an open space rather than a solid wall. Your eyes can focus on different objects, distances—cutting fatigue. • It's harder to work directly after eating. Digestion saps energy. • Do you know that complete silence can be as distracting as excessive clatter? The hum of an air conditioner can provide just the right noise level.

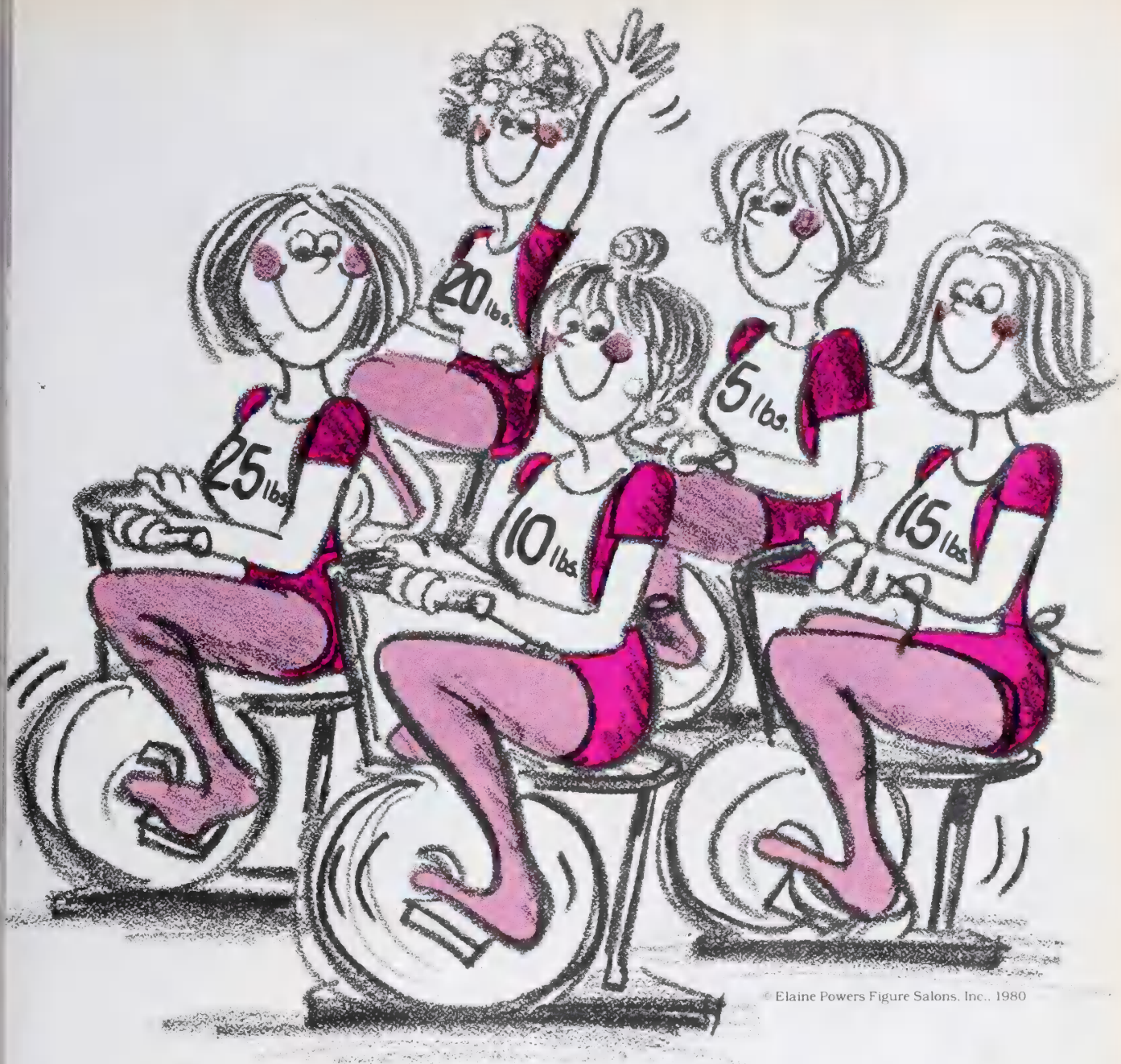


Exercise of the Month

Q. I jump rope every day but lately I find the basic routine boring. Please suggest a new step.—J.B., South Bend, Ind.

A. Try this variation. As you swing the rope overhead, land on left foot and bend your right knee, kicking right calf against the back of left knee (as illustrated). As you land on right foot, kick back of right leg with left calf. Continue on. Hint: Try jumping to peppy music.

Border by George Angelini. Illustrations by Thea Kliros



© Elaine Powers Figure Salons, Inc., 1980

Ready. Set. Go to Elaine Powers to lose weight among friends.

Losing weight isn't easy. It takes a combination of sensible eating and exercise. That's where Elaine Powers Figure Salons come in. We've helped millions of women win the race to lose weight for the past 17 years. Our success stories have made us the largest figure salon organization in the country, designed exclusively for women.

The Elaine Powers system works for several important reasons. First and foremost—our trained staff really cares about your progress. They'll help you with a sensible eating plan that you can stick to. And an exercise program designed just for you. Second, our equipment is unique to us—and specially designed to help you lose pounds and inches.

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Elaine Powers®
Figure Salons
Lose weight among friends.

Pillow Poetry

Evoke tender sentiments with stitchery magic. These lovely and lyrical pillows are all easily made from kits. To order, see page 141.



Photograph by Nick Samaras

Clockwise, from top: Doves and hearts sewn in sculptured appliqué with ecru lace overlay, edged with cotton ruffle (#8208). Hand painted lattice (imprinted on canvas) surrounds crewel stitched violet bouquet. Oval border and tiny violets, also creweled (#8209). Dainty mille fleurs are cross-stitched in vibrant pastels to frame a lace-trimmed monogram (#8210). Sprigs of spring—in wool needlepoint. Lacy overlay on blue background is cross-stitched with fine cotton, accented with heavier yarn (#8211). Mythical unicorn is a classic wool creweled Jacobean motif on white linen (#8212). Coupon to order, page 141.



"No one knows I'm wearing support pantyhose."

Hanes Alive

"I always knew when I was wearing a good, dependable support pantyhose. Unfortunately, so did everyone else.

So now I wear Hanes Alive. Because Alive gives me all the support I need. But it doesn't give me away. That's because Alive is so sheer it's almost impossible to tell it's a support pantyhose."

If support is nobody's business but your own, wear Hanes Alive. We'll keep your secret.

Hanes Alive® Support Pantyhose

We make support your secret...

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Regular &
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Merit Announces New Merit Ultra Lights!

Now the MERIT idea has been introduced at only 4 mg tar– New MERIT Ultra Lights. A milder MERIT for those who prefer an ultra low tar cigarette. New MERIT Ultra Lights. It's going to set a whole new taste standard for ultra low tar smoking.

MERIT
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4 mg "tar," 0.4 mg nicotine av. per cigarette by FTC Method





At Gerber, we think Jamie is a very special person. So we prepare peas in a very special way. Although the common garden pea is uncommonly rich in vitamin A, important B vitamins and C, some of these riches last for only a few hours after the pea is picked. In that short time, we begin to capture the nutrients so essential to Jamie's good health. Peas are just one example of the Gerber commitment to produce wholesome baby food. And there are probably easier, less costly ways to prepare them. But we didn't skimp on the other 30 million babies we've helped feed since we began. And we aren't about to start with Jamie.



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We've learned a lot about food because we care a lot about babies.

How to know your youngster is *really* safe at the child-care center. What does it mean when your child just won't give up a teddy or security blanket. Our *Mothering* expert offers some reassuring advice.

By Geraldine Carro

Questions to Ask about Child Care

Is Your Youngster's Child-Care Setting Safe?

Betsy Marcus had been pleased by the day-care center she'd chosen for her four-year-old son. It was near the suburban Chicago law office where she worked. The two teachers seemed competent and the play equipment plentiful.

But now Betsy had serious qualms. Recently one of her son Tommy's schoolmates was seriously hurt when a slide collapsed at the center. Moreover, when the accident occurred there had been only one teacher on duty to supervise the 20 preschoolers. The other teacher, she later learned, was only a part-timer.

Betsy had trusted her instincts when she'd chosen Tommy's child-care center. However, she'd failed to back up those instincts by making some specific inquiries. What was the teacher/child ratio at all times? What safety measures were in effect? In case of accident, what medical facilities were available? At Tommy's center, as Betsy discovered, those emergency procedures were at best vague.

If your child is cared for away from home—whether at a formal child-care center or in someone else's house—it's important to ask some serious questions about safety. Here to guide you is a checklist from a new free government pamphlet.

Does your child's day-care home or center have . . .

- An up-to-date license, if one is required?
- A clean and comfortable look?
- Roomy play areas indoors and out?
- Enough adults in attendance?
- Equipment that is safe and in good repair?
- Equipment and materials that are suitable for the ages of the children in care?
- Enough clean bathrooms for all the children?
- Caps on electrical outlets and covered heaters?
- A safe place to store medicines, household cleansers, poisons, matches, sharp instruments?
- An alternate exit in case of fire?
- A safety plan to follow in emergencies?
- An outdoor play area that is safe and fenced in?
- A first aid kit?
- Fire extinguishers and smoke detectors?
- Strong screens or bars on windows above the first floor?

For your free copy of *A Parent's Guide to Day Care*, write for Publication No. (ODHS)80-30254, LSDS, Dept. 76, Washington, D.C. 20401.

The Security Blanket Myth

Finally the tattered security blanket or treasured teddy bear with the missing eye is retired from bedtime duty. The event is often seen as a milestone, a comforting sign that one's child really *is* growing up.

The old favorites are frequently retired around the time a child starts school; sometimes, however, they are not. At this point parents may begin to ask themselves anxious questions about their youngster's development. They wonder whether their youngsters are as emotionally secure as they should be.

Even experts on child development aren't immune from such doubts. In fact, two New York child psychiatrists, Dr. Miriam Sherman and Dr. Margaret Hertzig, both admitted to each other that they were a little worried about their own children. Dr. Sherman confessed that her then ten-year-old son was still attached to his security blanket. Dr. Hertzig's nine-year-old daughter still liked to take her teddy bear to bed. Otherwise, their respective youngsters seemed rather independent and mature.

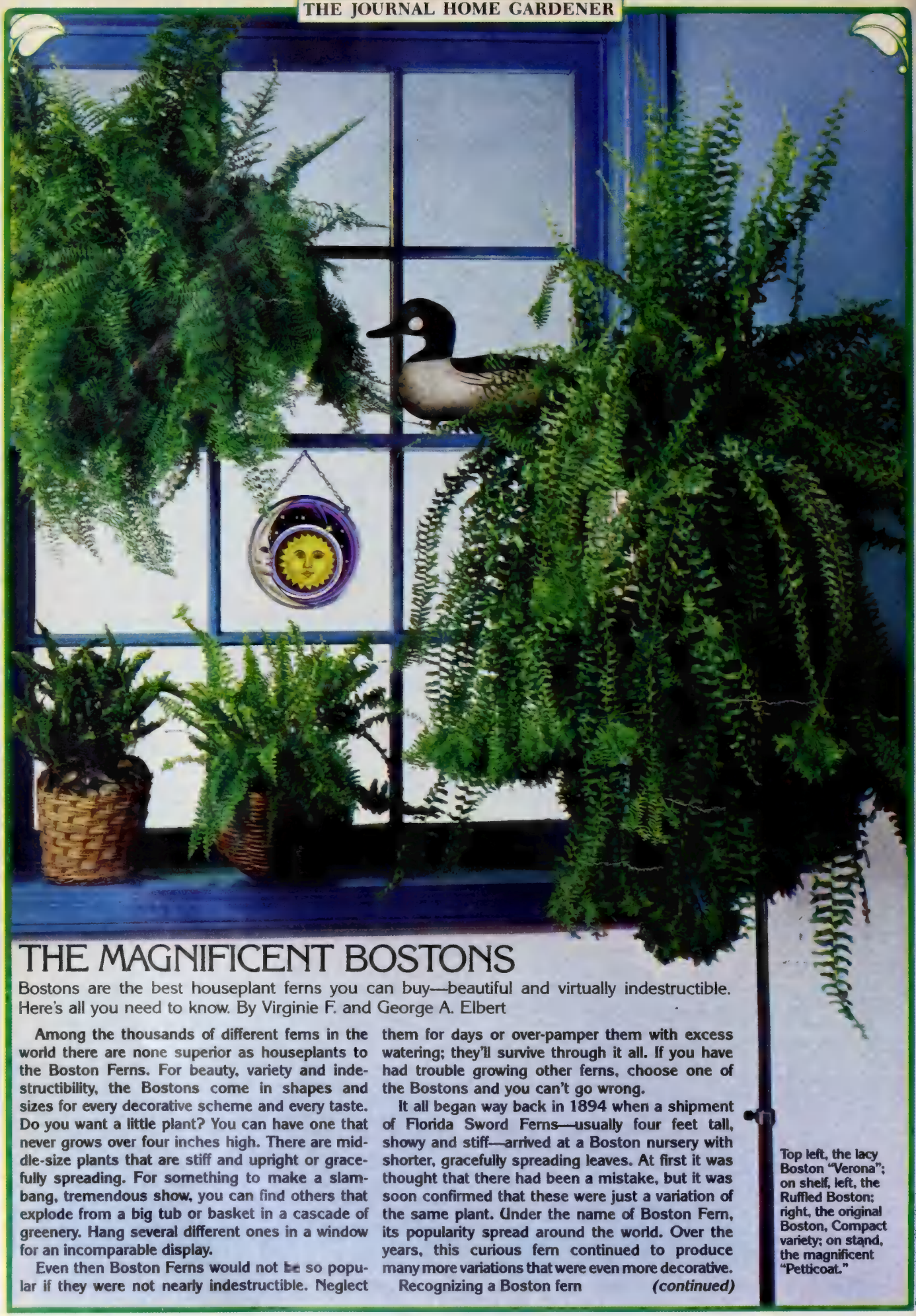
The two mothers, colleagues at New York University Medical Center, began to suspect that their own youngsters' attachments weren't unusual. They decided to find out. In a formal study they questioned 171 parents of boys and girls aged nine to 13 who were attending a New York City private school. The results of their study more than confirmed their hunch: A little over half continued to cling to their cherished childhood objects, boys and girls alike. Nearly two-thirds favored old blankets. The rest were attached to dolls and stuffed animals. Use seemed unrelated to such factors as divorce, family size or birth order.

Some of the children, parents revealed, no longer took their security blankets to bed every night, but they kept them handy for stressful moments. One mother reported that her ten-year-old son had worked up the courage to leave his blanket at home when he went off to summer camp for fear of being ridiculed by the other kids. His first letter home was a plea to send his blanket. It turned out that other campers had brought along their blankets.

In our society it's quite normal for children to cling to early childhood soothers past the preschool age, the researchers conclude. "The study doesn't suggest," Dr. Sherman says, "any major differences in personality between children who give them up early and late-users. All we can say is that some perfectly healthy kids use them—and some don't."

Does it make sense to encourage a child to part with his security blanket? Only if doing so is especially important to the parent. Most parents, says Dr. Sherman, don't have much luck in weaning their children away from these pet objects anyway. "But eventually," she says, "kids just seem to lose interest naturally."

End



THE MAGNIFICENT BOSTONS

Bostons are the best houseplant ferns you can buy—beautiful and virtually indestructible. Here's all you need to know. By Virginie F. and George A. Elbert

Among the thousands of different ferns in the world there are none superior as houseplants to the Boston Ferns. For beauty, variety and indestructibility, the Bostons come in shapes and sizes for every decorative scheme and every taste. Do you want a little plant? You can have one that never grows over four inches high. There are middle-size plants that are stiff and upright or gracefully spreading. For something to make a slam-bang, tremendous show, you can find others that explode from a big tub or basket in a cascade of greenery. Hang several different ones in a window for an incomparable display.

Even then Boston Ferns would not be so popular if they were not nearly indestructible. Neglect them for days or over-pamper them with excess watering; they'll survive through it all. If you have had trouble growing other ferns, choose one of the Bostons and you can't go wrong.

It all began way back in 1894 when a shipment of Florida Sword Ferns—usually four feet tall, showy and stiff—arrived at a Boston nursery with shorter, gracefully spreading leaves. At first it was thought that there had been a mistake, but it was soon confirmed that these were just a variation of the same plant. Under the name of Boston Fern, its popularity spread around the world. Over the years, this curious fern continued to produce many more variations that were even more decorative.

Recognizing a Boston fern *(continued)*

Top left, the lacy Boston "Verona"; on shelf, left, the Ruffled Boston; right, the original Boston, Compact variety; on stand, the magnificent "Petticoat."

Photograph by Allen Vogel

"For me, freedom comes in a bright red package."



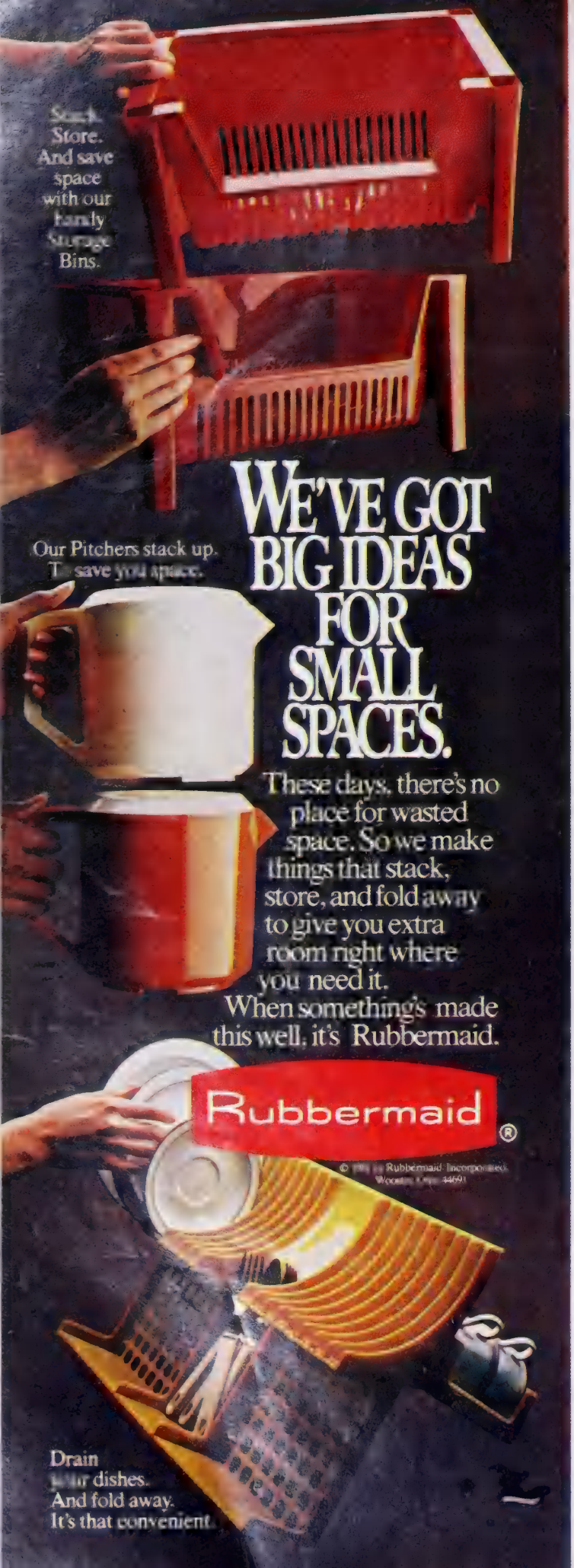
"So whenever I want a wonderful meal without cooking, I just open one of Stouffer's® bright red packages.

"Whatever it is–and I can choose from more than 40 different entrees–I know it'll be as good as if I'd made it myself. Without the work.

"Freedom. It's delicious."

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THE MAGNIFICENT BOSTONS

continued

beneath its many disguises is quite easy. Don't look at the fronds that often superficially resemble other ferns. Just check whether the plant has long, thread-like runners coming out of the soil next to the leaves. Among common houseplant ferns only the Boston have these *thin* runners.

We won't confuse you by attempting to describe the many named varieties. Instead, we have divided them all into four types to simplify your selection and to make you more knowledgeable when you are in a store that shows only one variety. With patient shopping you can find all four Boston types.

1. The original Boston Ferns have simple, flexible fronds and plain leaflets. Variations are often quite minor: leaflets with some short teeth or a different way in which the fronds cluster. More noticeable is a variation often called "Plumosa" or feathery, in which the leaflets are split or fringed.

These are the plants most often seen in the shops and indoors. They fill out well. The shorter Compact Bostons are good for pots, and the ones with longer fronds suit a basket. They are as sturdy as they look and will grow in any window.

2. The "Ruffle" type. They are easily recognized because of their stiff, shorter, upright fronds with very twisted, overlapping leaflets. The stalks are brittle and break easily.

Their popularity is due to their being good pot plants and generally the most inexpensive. Nurserymen love them because they grow like weeds. We, ourselves, have our reservations because, though they tolerate lots of abuse, they do show wear and tear. Leaflets brown off rather quickly and it is not at all easy to keep them looking their best.

3. The lacy Bostons. In some varieties the branches and leaflets overlap, giving the impression of puffy plumes, while others have long, pointed frilly fronds. The color is usually a lighter green than the others. The best known varieties are "Verona" and "Whitmanii." The most extraordinary, and our favorite, is "Norwoodii." But you'll find nurserymen calling them by other names, too.

Don't be scared off by their "hothouse look." Actually they are as easy to grow as any of the others. We bought a plant of "Norwoodii" 20 years ago and it still flourishes in our living room, either in the window or under fluorescent lights.

4. The "Petticoat" type fern is not as fine leaved as the lacy, but is incredibly decorative because of its long, dangling fronds that split at the tips into fat tassels. They are relatively new, collector plants, expensive and not often seen in the shops, though highly prized by greenhouse owners and decorators. They are magnificent plants for anyone who has the space and can hang them high. Care is no more difficult than for the others.

Tips for TLC

Compared with other ferns, even the most temperamental Boston Ferns are easier to maintain. Nevertheless, like any other plant, they will look their best only if given some TLC. Here are some tips.

Soil. Boston Ferns thrive in common, even poor, soils in nature but they do need very good drainage and a soil that retains moisture well. In the home, where humidity is low, they do much better if given more luxurious treatment. Experts offer all kinds of advice on the best soil, but our strong recommendation is a mix of sphagnum peat moss, vermiculite and perlite in equal proportions.

Potting. The roots of Boston Ferns are both fine and very shallow. The more frilly the variety the more delicate the roots. Most failures in growing are due to not considering this.

The crown of the fern, the spongy mass from which the fronds grow, should always be planted above soil level, but very firmly. Young plants growing out from the mother will sometimes "float" on the soil's surface. It is important to bury them or separate them and put them in another pot. *(continued)*

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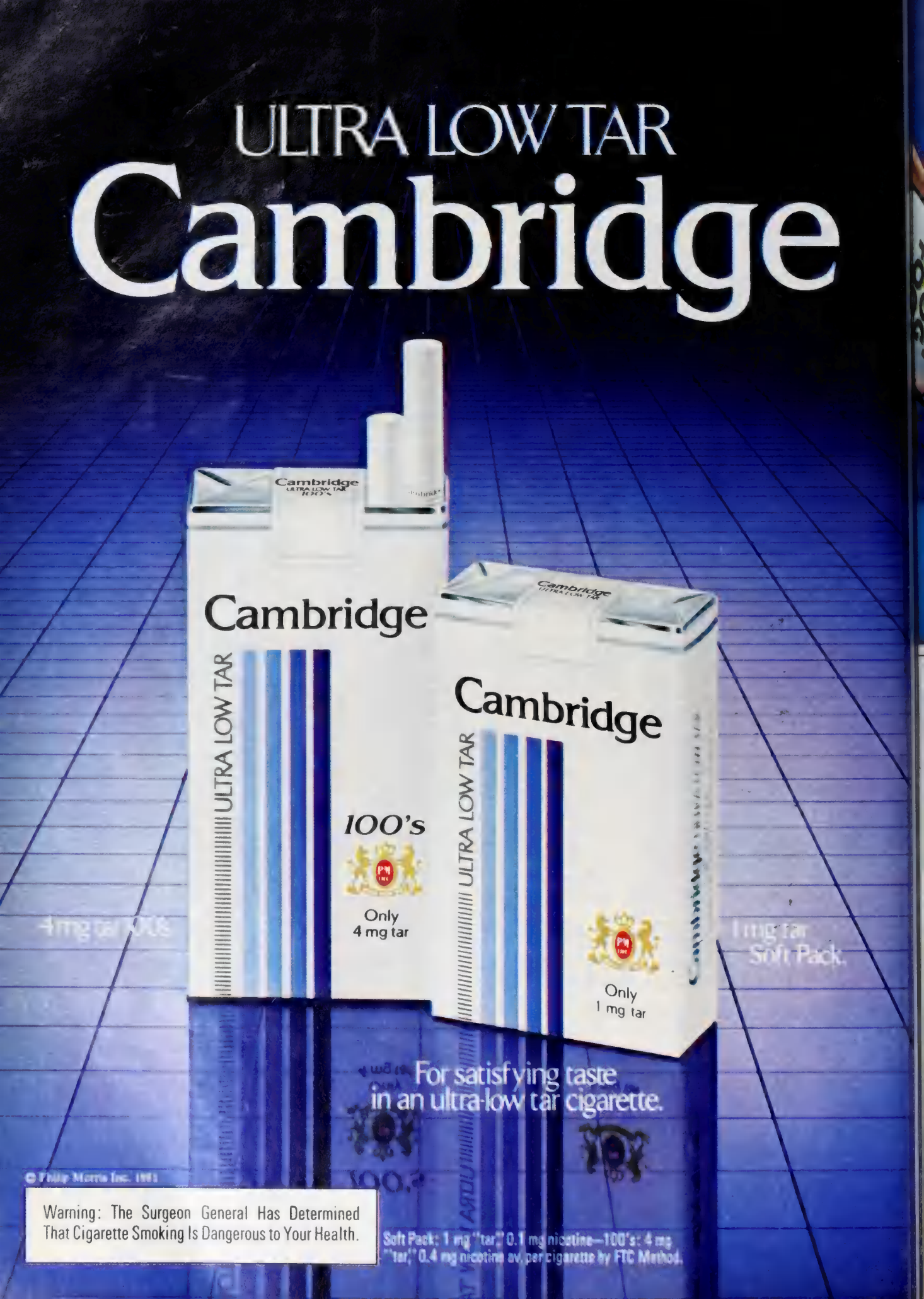


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Diseases. The principal disease, as with most plants, is root rot, caused by overwatering in cool weather. If you see signs of rot, dig up the roots, cut off the rotten parts, wash them off and repot in dry mix. Some fronds will die off. After a couple of weeks start spraying the top of the soil to a depth of about an inch. Be patient; young shoots will come up again.

Grooming. The fronds of a fern don't last forever any more than ordinary leaves. But, when a frond goes, it is much more noticeable because it is bigger and there are fewer of them. The outside fronds of the coarser Boston Ferns turn brown eventually and must be cut off at the base. Those of the finer leaved types turn very light brown and powdery. There are many more of them and it become necessary to separate the dead ones very carefully so as not to injure young fiddles.

There is another peculiarity of Boston Ferns that requires attention from time to time. The growth of the plants is from shallow-rooted clusters of fronds that put out runners on the surface. Initially these root close to the mother plant and produce a crowding of the clusters and a fuller plant. Later on they stretch farther afield, going over the side of the pot in search of new soil to root in. Meanwhile the center of the mother plant will start to deteriorate from age and crowding. Eventually it will die and must be ripped out. This leaves a bare spot in the center. Now you can take one of the outer clusters and plant it to fill the bare space.

Multiplying Boston Ferns. When the tips of the runners touch moist soil, they soon put out roots and begin to grow leaves. After they've acquired a few small fronds they can be cut free and potted separately. In a pot of Boston Fern, with some unoccupied soil along the rim, attach runners to the soil with hairpins. Or let them run over the edge of the pot and pin the soil in little pots ringing the larger one. In this way you can have new plants coming on throughout the year. These can be used to repair blank spaces in the mother plant or be grown into full-size pots or baskets. **End**

THE MAGNIFICENT BOSTONS
continued

As the roots are so shallow, the pot or basket need not be deep. Azalea-type pots and shallow basket shapes are best. The larger the top surface the more the fern will spread.

Temperature. Preferably over 55° F. At high temperatures, over 85° F., they suffer but stand up better than many other common houseplants.

Humidity. High humidity produces bigger fronds and more frill in the lacy types. Misting is always helpful, but many Boston Ferns can do very well with normal home conditions, even in winter when the heat is on.

Light. Best growth is achieved with filtered sunlight, but indirect light at a window is sufficient. It is not advisable to put them in a fully sunny location.

Water. When the temperature is over 70° F. the soil should be kept evenly moist. These ferns are very slow drinkers so that a pot watering lasts for several days. Watch out, on the other hand, for baskets, as they dry out much quicker. Ferns can take a dry spell but will not look their best.

When the temperature is below 70° F. water baskets normally but, for pots, fill the saucer about every four days to a week during cool and cloudy periods. There will be just enough water to work up gradually to the roots without soaking them. Don't water again until an inch of soil at the top is dry.

Fertilizer. Use a high nitrate fertilizer such as 30-10-10 once a week in summer and every two weeks in winter, diluted to a fourth of the recommendation on the label. Fish emulsion alternating with a chemical fertilizer is a good system.

Insects. We have never had insects on our Boston Ferns. If scale should occur, brush and then wash insects off in soapy water. Spray pesticides are usually damaging to these plants.



Contraceptives

continued

"That's putting the average clinician in an untenable position. By then, the doctor has spent all the time already allotted for your exam. Instead, ask to set up an appointment at a later date to discuss your questions about birth control."

Be prepared to pay for this office time, just as you would any visit to your doctor. What if your physician is unwilling to schedule such a meeting? Perhaps then, says Dr. Storch, you should find a more sympathetic doctor. If you can't afford this special visit, your local Planned Parenthood office can provide low-cost counseling and services.

Questions you should ask yourself

Once you've scheduled a meeting, don't go to it unprepared. Start thinking about your contraceptive needs in relation to your lifestyle and sex life. Each woman will find some forms of birth control more suitable for her than others. Cathy Meserve, for example, who has an active sex life with her husband, chose the diaphragm, which when used with spermicidal jelly is both safe and effective. Marcia Thompson, who is 22 and unmarried, chose the Pill because she felt a diaphragm interfered with sexual spontaneity. To help identify your contraceptive needs, ask yourself the following questions:

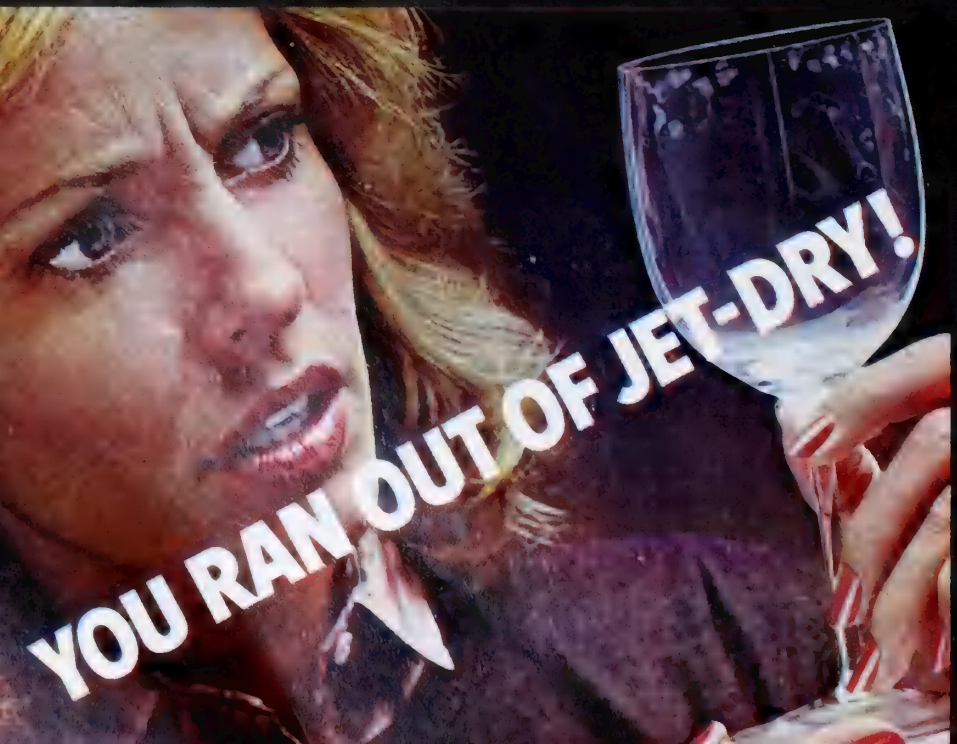
- *How effective must my contraceptive be?* Some methods are more foolproof than others. How would you feel about an accidental pregnancy? Would an unplanned child spell financial or emotional hardship for you? Under such circumstances, is having an abortion out of the question as far as you're concerned? If, however, you feel that becoming pregnant now would merely bring the joys of childbearing a little ahead of schedule, you may worry less about taking chances.
- *Which method best suits my lifestyle?* Whether or not you're married, how often you have sexual intercourse, whether you have one or more partners and how comfortable you are with your own body are all important factors for you and your doctor to weigh when choosing a contraceptive. A married woman who is at home with her body and responsible when it comes to following routines is an ideal candidate for a barrier method such as the diaphragm. A woman who has multiple sexual partners is more prone to contract venereal infection and ideally should not use an IUD. If she's still in her 20s the Pill may be a good choice.
- *Am I disciplined enough for the method of my choice?* While the doctor can prescribe a suitable contraceptive, you are the one responsible for its proper use. "A woman using a diaphragm who doesn't want to become pregnant, won't," says Dr. Storch. But if you'd rather risk getting pregnant than hassling with contraceptive jellies on those chilly nights, better find an alternative. Will an upset in your normal schedule make you forget to take your pill? Are you and your husband both committed enough to abstain from sex several days each month (a necessity if you've opted for the Natural Family Planning method)?

Questions to ask your doctor

Now that you've answered the above questions, prepare some for your physician. Advanced planning will help focus your discussion and cut down on talk about methods you already feel certain aren't suitable. Be ready to go over your medical history with your physician to rule out alternatives that may be especially risky for you. Here are questions to help direct your discussion:

1. *Does my medical history preclude any method?* Certain illnesses or hereditary medical disorders in your family may rule out particular methods of contraception. A diabetic should not take the Pill. On the other hand, if you tend to develop breast or ovarian cysts or have irregular menstrual cycles, the Pill may actually help. A woman susceptible to bladder infections will probably find using a diaphragm uncomfortable. Some-

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one with a history of ectopic pregnancy is a poor candidate for an IUD.

2. *How does my age figure as a factor?* If you are over 35, many doctors feel it's unsafe to take the Pill. Young women have high fertility rates, and should opt for a highly effective contraceptive method. If you're not planning to have more children, you may want to consider sterilization.

3. *What other personal factors should influence my choice?* If you're a heavy smoker, for example, it's inadvisable to opt for an oral contraceptive. If you're overweight, remember that the Pill will promote a tendency to retain water. If you gain and lose pounds a lot and your weight shifts dramatically, your diaphragm will have to be refitted regularly. If you're an active woman who loves jogging and dancing, an IUD might be a poor choice as it can cause heavy cramping and bleeding during menstruation and hamper your busy lifestyle.

4. *Which methods can affect my fertility?* It's important to let your doctor know whether you want to have more children. Oral contraceptives do not seem to affect long-term fertility. But in order to conceive you may have to wait some months for the chemical effects of the Pill to wear off. The IUD can sometimes affect fertility. Tubal ligation and vasectomy should be thought of as permanent contraceptive methods, although they can be reversed in some cases.

5. *Which method does your doctor prefer?* "You must know your doctor's bias," says Dr. Storch. "It is a fair question to ask if he or she prefers to have all patients use diaphragms." Some doctors are advocates of the Pill; others may favor Natural Family Planning. And some are opposed to giving abortions in the event of an unplanned pregnancy. Knowing your doctor's opinions is essential if you wish to make an informed decision.

Knowing your options

In addition to your specific questions, ask your doctor to assess the advantages and disadvantages of the various birth control methods. The doctor should use a "cafeteria approach," says Dr. Sherwin Kaufman, former medical director of Planned Parenthood in New York. He or she should lay out the different types of contraception and explain the responsibilities involved in using each method, its potential side effects and efficacy rate.

To get the most out of your interview, the experts suggest, do some basic homework on your own. Below we provide the latest information on the currently available contraceptive methods to help you be an informed consumer.

THE PILL

First, the good news about oral contraceptives. A major study conducted by the Kaiser-Permante Medical Center in Walnut Creek, California, *(continued)*

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The Pill does not seem to affect long-range fertility. But it has been shown to cause other side effects, ranging from dizziness, headaches and breast discomfort to somewhat diminished sex drive and depression. Despite these factors, most doctors feel young women should not automatically rule out the Pill as a viable alternative for them.

One way to cut down on possible problems is to ask your doctor to start you on a low-dose estrogen progestogen pill (50 micrograms of estrogen or less). The female hormone estrogen is responsible for most major complications along with the minor side effects associated with oral contraceptives. If you begin spot bleeding during the pill cycle, you probably need an adjustment in your dosage.

THE IUD

About three or four million American women use intrauterine devices. Planned Parenthood's National Medical Committee met recently to re-examine the data on IUDs and concluded that IUDs continue to be a safe and effective means of birth control for some women. The failure rate with the IUD is low—about four percent for average users in the first year—and appears to decline even further with continued use.

Many experts, however, have serious reservations about prescribing this means of birth control for most women. "I truly believe it would be better for a young, childless woman to select another form of contraception," says Dr. David Sherman, a New York gynecologist. "If she has had her children already, that's another matter."

IUD users seem to be more susceptible to Pelvic Inflammatory Disease (PID). This is a catchall term for a variety of infections, including gonorrhea. Such infections can permanently scar the fallopian tubes, causing sterility. Of the women who now use IUDs, an estimated 90,000 will contract PID; nearly 9,000 will become sterile.

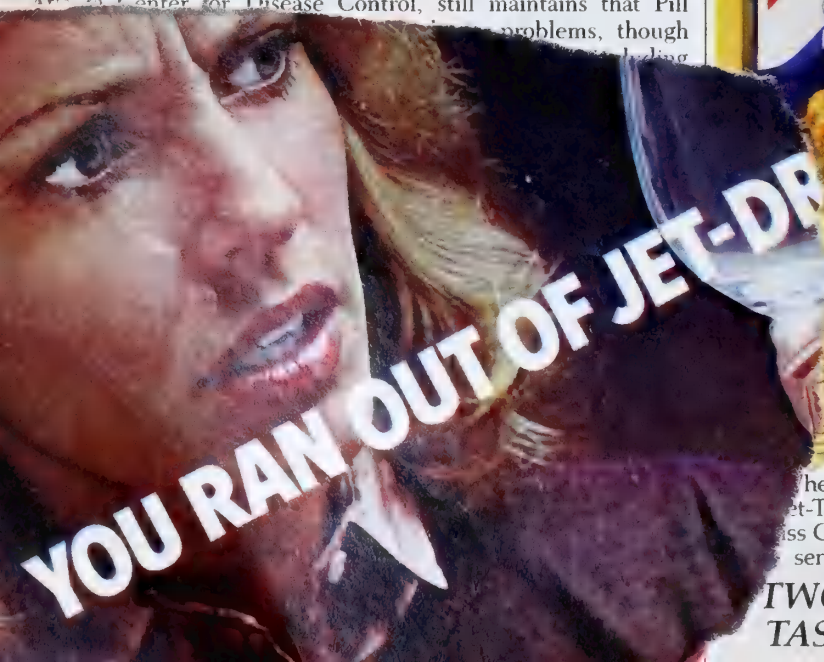
Young IUD users who are childless and have more than one

Contraceptives

continued

was released last fall. Experts found the risks of the Pill negligible "for young, adult, healthy, white middle-class women." The report seems to indicate the Pill may not play a major role in developing circulatory diseases that can lead to heart attacks, strokes and blood clots—except for women who smoke.

But many experts disagree. Dr. Howard Ory, who reviews the annual death rates of American women on the Pill at the Atl[illegible] Center for Disease Control, still maintains that Pill [illegible] problems, though [illegible]



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sex partner over a two-year period are seven times more prone to get PID. Older women who have children are still three times more likely than non-users to contract infections. If unattended, PID can prove fatal. Its symptoms—high fever and intense abdominal pain—often come on suddenly.

A woman using an IUD faces an additional risk—that of ectopic pregnancy—in which the fetus develops outside the womb. The IUD does make a woman more likely to develop an ectopic pregnancy. It also makes the condition more difficult to diagnose, because symptoms associated with *normal* use of an IUD—severe cramping and heavy bleeding—closely resemble those of an ectopic pregnancy. Untreated, ectopic pregnancies can be fatal. If you suspect you might be pregnant while using an IUD, see your doctor immediately.

There are various types of IUDs on the market today, each with its advantages and disadvantages, Dr. Louise Tyrer, Vice President for Medical Affairs of Planned Parenthood Federation of America, explains. A nonmedicated IUD, for example, should be used by a woman who is not likely to return for regular checkups. A small, medicated device is best suited to a woman with a small uterus who has not borne children. A woman with a larger uterus (who has usually had children) will need the larger device.

THE DIAPHRAGM

When used correctly, the diaphragm can be as effective a means of birth control as the Pill. But studies show that in actual practice, it has a failure rate of 13 percent. Many so-called "bureau-drawer babies" are conceived because women fail to insert their diaphragms before having sex, or use them incorrectly. The diaphragm must be coated with spermicidal jelly or cream on both the inside and outside and along the rim of the rubber disk. It should be inserted no more than three hours before sexual relations, and be left in place at least six hours afterward. If the couple has sex again before the six hours are over, more jelly must be inserted into the vaginal canal with care taken not to dislodge the diaphragm.

A woman should have her diaphragm refitted once a year, after childbirth and following any significant weight change. If yours is sized correctly, neither you nor your partner should feel it during intercourse. If you have a tipped uterus, you may not be able to use this method at all.

Many women complain that using a diaphragm is messy and inhibits sexual spontaneity. But for others the advantages outweigh the inconveniences. "What's not to love about the feel of jelly on your hands? Let me tell you, plenty," says Andrea Dorn, a young mother of two. "But it's still the safest method healthwise. And it's been effective for me."

FOAMS AND CONDOMS

The condom worn by a man combined with use of contraception foam by a woman is another relatively effective means of contraception, leading to only three pregnancies per 100 users. Condoms are also the most effective safeguard against contracting sexually transmitted diseases.

NATURAL FAMILY PLANNING

The rhythm method has been developed to a science. But if the failure rate is any indication, it is still a faulty science. Still, many highly motivated couples successfully use one of three approaches to Natural Family Planning. Each requires total abstinence from sex several days a month, during ovulation.

The Basal Body Temperature method is based upon the temperature changes that occur in a woman's body near the time of ovulation. A woman must take her temperature daily to know when she should abstain from sexual intercourse. The Ovulation technique involves learning to recognize changes in a woman's cervical mucus discharge, which occurs prior to ovulation. The Sympto-Thermal method combines both temperature-taking and analysis of cervical mucus. *(continued)*



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Contraceptives

continued

A couple using any of the Natural Family Planning methods should be instructed by an expert.

This combination method is 98 percent effective when practiced correctly. In reality, however, the failure rate is closer to six to ten pregnancies per 100 couples using the Basal Body Temperature method, and ten to 25 for those using the Ovulation technique.

FEMALE STERILIZATION

Three out of ten American women over the age of 30 opt for surgical sterilization. And recently more younger women are considering this alternative.

There are two procedures currently used for women today. Laparotomy usually requires a short hospital stay and generally costs $1,000. The other technique is the mini-laparotomy, now being performed on an outpatient basis at Planned Parenthood clinics throughout the country for $500 and less. Both have low risks and are relatively painless.

"It's been terrific," says Judy Barber, mother of three who had a minilaparotomy last year at age 32. "I haven't had a moment's worry since. My husband and I just returned from one of the best vacations we ever had. It's been great not worrying about coming back pregnant."

Other women are less happy with their decisions. Carol Torrance was sterilized when she was 26 because her second child had been an unplanned pregnancy. Now at 33, she and a new husband want to have a baby and she is seeking to have the process reversed. "Looking back on it, being sterilized was a childish thing to do. But I really never said to myself, 'Hey, this is forever.'"

Sterilization can be reversed in 50 percent of the cases, but major, expensive surgery is required. Dr. Edward Diamond, a New Jersey gynecologist, a pioneer in reversal techniques, warns that any woman seeking sterilization must consider the process permanent until more reliable reversal methods have been developed.

MALE STERILIZATION

In the last decade, the number of vasectomies has increased threefold. Today nearly six million men have been sterilized in this country. But with the advent of simpler sterilization techniques for women, the number of men undergoing the surgical procedure has declined. Now vasectomies account for less than half of all sterilizations in the United State

Many men worry that sterilization w hamper their sexual performance, an u founded fear, say the experts. Wh there are no clearly discernible si effects, some preliminary research h linked vasectomies in monkeys to har ening of the arteries.

The main objection is that vasectomi are permanent. However, doctors ha been more successful reversing vase tomies than women's sterilization surger Researchers are now trying to design plug or valve that could be surgical inserted to halt the sperm flow and l reactivated easily when the man wante to reverse it.

No perfect, trouble-free, one hundre percent reliable contraceptive is availab today. But you must measure the drav backs of each method against the po sibility of having an unwanted pregnanc "There is a trade-off involved," explain Jane Murray. "You have to weigh the risk and benefits of contraception with th direct and indirect consequences of chil bearing, and the latter may be signif cantly higher."

Though your options for birth contr are still somewhat limited, it pays to ex plore the most appropriate one for you Be an informed consumer—know what i available, and what is most suited to you lifestyle and medical history. But th variables are too complex and medicall dangerous to decide on the basis of mer hearsay. Together you and your docto can determine the best strategy to sui your needs. **En**

Future Contraceptive Breakthroughs

History will be made when some resourceful scientist perfects a method of contraception that is absolutely sure, guaranteed safe and convenient, too. Right now, a variety of methods are being tested that may revolutionize our means of contraception in the not too distant future.

A new barrier method, the cervical cap, is being made available to women in the United States on an experimental basis. The cap, which is shaped like a diaphragm but smaller and more conical, should only be obtained from a doctor authorized by the Food and Drug Administration (FDA), which is testing its safety and effectiveness. The cap is filled with spermicide before being carefully fitted over the cervix, where it can be left for several days, and then should be removed and cleaned by the user. A woman must check whether the cap has remained in position before and after sex. Used correctly, it is probably as effective as the diaphragm.

Another promising barrier method is the collagen sponge, an actual sponge with spermicide already added, which can be inserted by hand and left in place for two to 28 days. The sponge is awkward to insert and sometimes causes unpleasant odor. It is still in the testing stage.

Neither the mini-pill, which contains relatively high dosages of progestogen and is not as effective a contraceptive as the Pill, nor the morning-after pill, which has severe side effects, has proved to be the answer to women's needs. But there is hope for an injectable contraceptive containing a potent progestogen. One type, Depo-Provera (DP), inhibits ovulation through an active hormoe agent, and is already licensed for use in Europe. But the FDA wants further proof of its effectiveness and long-term safety before it will consider approval of DP in this country.

A variety of steroid-release approaches to contraception are being researched for use by both men and women. Steroids inhibit ovulation in women and stop sperm production in men. They could be introduced to the body through implants under the skin, or in a vaginal ring for women. But researchers are concerned that steroids can produce the same side effects as the Pill. Here, too, long-term testing will be required.

The most promising developing contraceptive device for men and women is LHRH—leuteinizing hormone-releasing hormone. The drug stops fertility by signaling part of the brain. It comes in the form of a nasal spray, injection, daily pill or under-the-skin implant. LHRH would be easy to distribute and requires no surgical procedure, but further testing is needed.

HONEYMOON
(Beach Cottage)

By Gladys McKee Iker

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Closed out this little while to surf and sun,
To shade in afternoon, to walk and trace
Our names on this new world that we have won.
The moon must go to bed before we must,
Who may stay up until the last stars fade,
We greet each other with a growing trust
In this small inch of Eden we have made.
Yet we are anxious, overwise are we
Beneath slim moons that promise a bright whole,
The endless silver pounding of the sea
We know is not for us, is not our goal.

But matching time with wary guile we scheme,
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By Theodore Isaac Rubin, M.D.

Hidden Anger: What It Does to Us

My husband and I used to have a good sex life. But all too often now we end up at opposite sides of the bed. It seems he only wants sex when he's bored. This is hardly my idea of romance. And, at this rate, I'm worried the marriage won't survive. I don't know if I should try to talk to my husband or not. What do you suggest I do about this problem?

Don't assume this impasse in your sex life is hopeless. There often comes a point in a marriage when a couple loses touch in bed, especially once the blush of newlywed romance has faded. Undoubtedly you're feeling frustrated and unloved. It also sounds to me as if you're angry because your sexual needs are not being met. But don't take for granted that your husband really knows, without being told, exactly what those needs are.

Many women think that men are mind readers—or that they ought to be. If their husbands truly loved them, wives feel, they'd know instinctively how to give them pleasure. But this is rarely true. In fact, men and women often have differing ideas about sex. For most women, sex is a way to express intimacy and love. For men, it can also be a means to relieve tension or boredom.

Instead of letting your anger simmer, tell your husband you need the tenderness the two of you once shared. Let him know what pleases you in bed. Why not try a long weekend alone together, away from your children and the pressures of everyday routine? Only with honest talk will you resolve your differences and learn that looming problems often subside when you make time to listen and share.

Every time I get off the phone with my girlfriend lately, I can't seem to resist going to the refrigerator and eating up a storm. At five feet ten and 185 pounds, I have enough of a weight problem as it is. And naturally I'm concerned that something might be wrong between us. Do you think it's possible that there's some kind of connection between the phone calls and these sudden eating binges?

Yes, there's undoubtedly a direct link between the phone calls and your need for food. While you haven't said so, I assume that you're finding those conversations with your girlfriend dissatisfying in some way. The frustration you are experiencing is probably triggering your trips to the icebox. When people feel there is an emotional or physical emptiness in their lives, they often find other ways to help them fill the void. Obviously, in your case, you're trying to use food to gain the satisfaction you need.

I think it's important for you to take a close look at your relationship with your friend. Be honest with yourself. What has changed between the two of you recently? Are you no longer supportive of each other as you once were? Is she harping at you? Or putting you down? Or telling you what to do? Next time the two of you talk, listen carefully to what she's saying and how it makes you feel. Eating binges are frequently kicked off by severe irritation.

If anger is what's propelling you into the kitchen, it's time to talk to your girlfriend about your feelings. When she hurts or criticizes you, don't hold your anger in. Tell her you're offended and explain your reasons. Clearing the air is bound to benefit your friendship. And, I'm certain, it will lessen your urges to hit the refrigerator.

My 11-year-old daughter has always been a cheerful and lively child with many friends. But in the last few months she's taken to brooding and staying alone in her room a lot. And, in general, she just seems unhappy. None of the things that used to cheer her up seem to work anymore. Family dinners have become a torture. She sits at the table and barely talks to my husband and me. When we ask her a question she answers sulkily. What's the matter and what can we do about it?

Children, particularly pre-adolescents, often have trouble expressing what they feel. They tend to keep their most important thoughts bottled up inside. Keep in mind, too, that your daughter's at an age when her body is changing rapidly. And the chemical and physical shifts of puberty can cause dramatic fluctuations in mood.

Nonetheless, what you describe may be more than normal growing pangs. It sounds like your daughter may be suffering from a depression brought on by underlying anger. Maybe it's because you haven't given her a chance to boil over. It may be that your ordinarily well-behaved child needs to be told she has the right to express negative feelings, too. Let her know she can raise grievances with you and your husband—or explode over something that's made her anxious or unhappy at school. She may find your indirect approach quite reassuring.

It's vital to help her explore her own feelings and find out what's making her angry. Make clear that you're a receptive and loving listener. Urge her to talk openly during this difficult period. If your daughter's depression continues, she may also need professional psychiatric help. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. His most recent book is "Reconciliations: Inner Peace in an Age of Anxiety" (The Viking Press). If you have questions you would like Dr. Rubin to answer in this column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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MIKE DOUGLAS

Mr. Nice Guy's Not-So-Nice Thoughts on the Competition

After years of playing the good guy, Mike Douglas shows he has a hot temper and a warm family that helps him control it.



By Cliff Jahr

In the blue and white morning room of his vast Beverly Hills house, Mike Douglas pushes back his chair and glances reflectively at terraced lawns where sprinklers hiss like snakes. It's been a year since he saved his syndicated talk show from TV oblivion, and the embers of his anger still have not faded.

It may be surprising to viewers of his 90-minute *Mike Douglas Show*, syndicated five days weekly in 117 cities, but their "Mr. Nice Guy" has a hot temper, and rarely has it been as high as when the option on his annual two million dollar contract with Westinghouse Broadcasting was dropped last year in favor of John Davidson. The memory of that dark day, January 16, 1980, and its aftermath, still flush Mike's face and turn his blue eyes cold. It wasn't just that Westinghouse tossed him aside after 19 years, but that *everyone* in the business seemed to know what was happening except him.

"Ever been hit by surprise in the pit of your stomach?" Mike asks. "It never got back to me—that's what I don't understand. Only Don Rickles phoned from Hawaii to tell me about a rumor and I just laughed.

"Then to be treated so tackily after I made millions for that company; and I was the only show that ever did. Merv Griffin never made them a nickel. Neither did David Frost nor Steve Allen. They said to stations, 'Oh, Mike Douglas is retiring,' and tried to leave me out in the cold. Their press release was the most damaging thing in my life, as if I would ride into the sunset with a smile on my face.

"I turned on the Carson show one night and Bob Hope was saying to Johnny, 'Well how are *you*? Bert Parks is finished, Mike Douglas is finished—'" Mike clenches a fist and winces. "Bob Hope had me out of the business already and I had just done a whole salute to him on the air—a whole show! Besides, I hate to be put in the category of Bert Parks. I'm many, many years younger, and I'm not a game show or a beauty pageant host. I turned down Miss America years ago."

But neither Mike nor Genevieve Douglas, his wife of 38 years, were ready to give up. He was at work when an aide phoned her at home with the news. First she wept, then she got busy calling his organization about handling the press and mustering the counterattack. Several hours passed before they could speak by phone. Her first words were: "Honey, don't worry about anything. We have each other."

She sighs. "You know, that's the time you really feel you can be a wife to your husband. Every wife knows the closest times are when your man needs you. That's why there are so many divorces when the man becomes successful and independent. Mike has every service in the world. He's pampered to death: the clothes, the cars. Sometimes on a remote, someone else even does his underwear. A lot of those things were taken away from me. So I make it up in other ways."

With Genevieve's help, Mike was able to survive by producing a new *Mike Douglas Show*, using his own three million dollars start-up money. This winter he could boast of being syndicated on about as many stations as his replacement, John Davidson, though John generally airs in the afternoons and Mike in the mornings when 30 percent fewer sets are on. Currently their ratings battle is at a standoff.

"I am better when I'm really teed," says Mike, a strange smile spreading over his big handsome face. "They're not going to beat me, not with those tactics. I'm not doing this show for the money now, which I don't need. I'm doing it for gut.

"I have this Irish temper, you see .... I have even thrown things through television sets. Once, I remember, I was driving so carefully on the freeway because we had the twins in the back seat—they were just infants—and some guy almost rammed me off the road. Well, I chased him for miles and when I literally dragged him out of his car, he was pleading for his life. When I'm that angry, I can open a safe with my fingernails."

Talk of John Davidson fans his temper to a fine broth. "They thought John was going to get by on his appearance," he says, "but he's over his head. And I don't think he'll make it. You know he's had every chance in the world, his own variety shows, two TV series, motion pictures—and look how great they've done. That should tell Westinghouse something.

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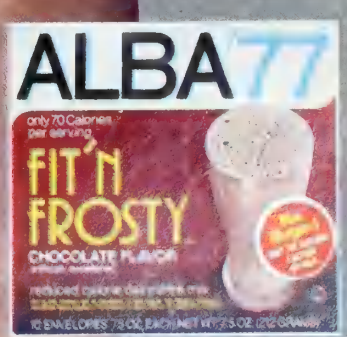


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MIKE DOUGLAS
continued

"He's asking guests tough controversial questions and he's trying to be Phil Donahue. But Phil's there ahead of him, and successfully so. What surprises me is that these days they offer a talk show to just about anybody. But John Davidson-n-n?" Mike's tone is gently mocking. "I could sooner believe Marcel Marceau."

(Replies John Davidson by phone: "I have nothing against Mike. He's a crooner and I'm a contemporary singer. He feels I can't handle this, but he should watch the show because it's good.")

Until John Davidson's arrival, TV chit-chat was controlled by a five-member club: Mike, Phil Donahue, Merv Griffin, Johnny Carson and Tom Snyder. To some extent they are friendly with one another in a careful way, but Mike's abruptly changed status has emboldened him to vent doubts he has about some of those colleagues.

For example, his efforts to warm up the nodding acquaintance he has with Johnny Carson have long been met with Johnny's merciless kidding. Mike has guested three times on his show—but only when Johnny was away—and Carson has declined all Mike's invitations, a fact that rankles him.

"There's an unwritten law in this business," he says testily, "you don't knife your peers. But Johnny has said a lot of dumb, derogatory things about me. He said on the air my show can help you to sleep. He introduced me once on the Emmy TV special with, 'Here is the man whose name is as indigenous to Philadelphia as cream cheese, and he's about as funny.'

"Now why does Johnny do that?" he pleads. "My father was watching the show—he's very Irish—and he said, 'Why didn't you whack Carson in the mouth?' Then when Johnny was ill recently, I sent him a plant or something and he was a real jerk about it—no response, no letter, no nothing. There isn't a feud as far as I'm concerned; I'm a fan of his. He's a magnificent monologist, though he does things I don't adore—you only go on that show when you compliment Johnny."

Mike's own show is both the oldest on air and longest-running talk-variety program in history. After 4,800 times on air with 27,000 guests, Mike's smooth-as-butter appeal is still drawing audiences. "People are comfortable watching me," he says of his talk show techniques, "be-



cause I'm easy to take and I'm kind to people. I treat everyone the same whether he's a rock singer or Vice President of the United States. As a kid, whenever I was reprimanded by my parents in front of other people, I was super sensitive about it. So I've never done that with my own children. And I try *never* to embarrass guests in front of the public.

"But I hate that Mr. Nice Guy expression," he continues. "I can be a bad guy. You can't be as successful in this business as I have been and not hurt people and I think America thinks Mike Douglas would be above that."

In some ways, Mike's image has been protected, even created, by the person who is closest to him. Genevieve "Gen" Douglas, the mother of his three children, admits that she watches over *The Mike Douglas Show* almost as if it too were a child. "We're good for each other," she explains patiently, toying with veal piccata at Le Bistro, a smart restaurant located on Rodeo Drive in Beverly Hills. "He's striving and aggressive and I'm not that forward, but my instincts are good. I watch the taste of the show and the changes. He really relies on me for opinions," she states.

She's the "hub"

Genevieve signs the checks, sees copies of all paperwork and admits she is "the hub" through which every question and bit of trivia must pass. Some say she is an ultra-moralist who rides herd on Mike and intrudes into the show, playing tigress at the gate to protect him. Others say the Douglases have a working arrangement common with many stars, where she will do Mike's complaining for him so that his nice-guy image isn't tarnished. In some ways, Genevieve is the proverbial woman behind a great man's success. What's more, she and Mike will celebrate their 38th wedding anniversary this April. This is an achievement that is becoming unusual anywhere these days, but it's especially spectacular in Hollywood, California.

What's the secret of their obviously happy and well-knit marriage? "I always put Mike first in my life," says Genevieve lightly. "I don't mean I'm a servant, but I'm always there when he needs me. I try to be a companion to him in everything. I'm always interested in what he's doing, how he looks, what he's saying, how he's being treated."

She laughs lightly, remembering the early years of her marriage and their 1945 honeymoon cottage, a $7,700 *(continued)*

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lywood life. Since Mike has been the object of so many female admirers, hasn't Genevieve ever been jealous? "Sure," she replies carefully, talking of her husband's nightclub days. "And of course that can go both ways. There were difficult years sitting alone at night, but occasionally I would go down to the club so I was aware of what he was doing. Maybe while singing he'd put his arm around a girl and that would bother me. I'd think, 'That arm's for me, not her,' but you outgrow that. I just never felt insecure. Mike needed me almost more than I needed him because I was so supportive."

Born Michael Delaney Dowd, Jr. (and he never legally changed that name), Mike was the youngest of three children of a Chicago railway freight agent and his wife. The smooth, light, baritone singing voice developed early, and with his China-blue eyes and open-faced good looks, he proved a natural heart-breaker. The summer he was 15, he started touring through the Midwest with Bill Carlsen and His Band of a Million Thrills.

Age 15 to 42 in a summer

"I started out that summer at fifteen," he grins, "and came back at the end of it aged forty-two. I don't have to tell you about musicians, boozers straight from the bottle, and I was this poor green kid. I had never been taught about the birds and the bees and they gave me *some* initiation. They had girls send me mash notes that stood my hair on end." Mike regrets that a chapter on those colorful days was snipped from his recent autobiography by Genevieve. ("Otherwise it might have sold a zillion copies," he kids.)

In a few years "Mickey Dowd" was staff singer at a radio station in Oklahoma City, where he met Genevieve Purnell, a pretty, 15-year-old schoolgirl who wrote in her diary after their second meeting, "I have a feeling I will marry him."

Two years later they eloped (just as their youngest daughter did many years later) and began to struggle for an elusive success. Finally, in 1961—while *The Jack Paar Show* was in its

MIKE DOUGLAS

continued

tract house in Burbank. "A woman has to create an environment in a home. No matter how small. We had no money in Burbank, but I worked at it. I painted, I made little dinners with music and candlelight—you can do a lot with ground beef."

Since Burbank, Mike's job moves have required her to set up at least 12 households, and the latest—a $2.3 million, 30-room mansion with pool, projection room and four good-sized guest houses—is a far cry from Mike's just-folks image and the couple's humble beginnings.

If Genevieve wore more makeup, she'd almost be a Ginger Rogers twin. The same tart blue eyes, pale British skin and platinum-blond curls to the shoulder (she does her own hair) all project a Gingery glamour that is contradicted by the gracious manner. She wears a print Gucci silk dress that becomes her gently rounded figure. And in the sunlight her five and a half carat diamond engagement ring could signal ships.

"Mornings are tranquil at the house," she continues. "I make sure nothing disturbs Mike. Sundays we don't go out. If he wants to nap, that's fine and I'll sun or do needlepoint." She adds with a laugh, "Or maybe we'll stay in bed and just pig out on candy."

The Douglases also spend time with their 22-year-old daughter Kelly and her husband Michael Kahn, who are ensconced in one of the guest houses. They keep in frequent phone contact with the 35-year-old twins: Michelle, who has just launched a boutique in Florida; and Christine, a mother of four, who is married to Paul Voinovich, a Cleveland architect (and the mayor's brother).

The mornings together, the closeness, are a vital part of the Douglas marriage—especially with the temptations of Hol-





eyday—Mike Douglas became one of the charter members of ne newly evolving talk show field. In five years the show was yndicated on more than 100 stations, his hit single ("The Men in Ay Little Girl's Life") had reached third on the pop charts, and is annual income passed a record one million dollars. Many a ig name was now delighted to go and appear in Philadelphia, he show's new home, from Bette Davis and Woody Allen to rincess Grace, Ronald Reagan, Rose Kennedy and Vice Presi- ent Hubert Humphrey. Several made their TV debut, includ- ng Sonny and Cher, Burt Reynolds and Barbra Streisand.

"Streisand walked in," Mike recalls with a chuckle, "wearing igh boots, hair like a mop and a fur coat dragged through axle rease. 'You hired that kook?' they asked me. I said, yes, just isten to her sing." The memory of it makes him groan. "Do ou know they destroyed those tapes afterwards because they hought she was a complete washout?"

Nearly every star has been interviewed on the Douglas show, xcept, of course, for everyone's impossible three: Sinatra, edford and (nowadays) Streisand. Mike admits he's frustrated y the unavailability of Diana Ross and, of course, Johnny arson, but guess who tops his list of elusive interviews? Really and truly I would love to interview the Pope," he says ith a straight face. "One-on-one, and the first thing I would sk is how he manages to give a blessing from that balcony in hirty-two languages. Imagine!"

With these interviews still beyond his grasp, what are the ext years likely to hold for the Douglas family? Waving a iamond-studded hand, Genevieve dismisses the wealth round her. "You know, strange as it may seem, tomorrow I ould forget everything and just go live somewhere in a small ouse on the beach. All this is not important to me, and Mike laims he wouldn't miss it, but personally, I don't think he ould retire."

"I don't want to sit in a rocker some day," says Mike, lancing out his limousine window, "and say to myself, 'God, I could have had prime time.' Eventually I might do three specials a year. The other thing I'd like to show the world is I'm a natural actor, maybe in a priest role like Pat O'Brien in *Angels with Dirty Faces*. I'd like to play a heavy, too—somebody who kills a few people."

He grins with meaning and swings his feet onto the jump seat. "Now that I'm producing this myself," he goes on, "I've never been happier." And then there's Genevieve. . . .

When Mike speaks of her, a smoky tenderness curls into his voice. His pillow talk name for her is "Boodles" and their loving bond is clear to see. But working around the world's most beautiful women, wasn't he ever tempted?

"There are more temptations in this business than any other," says Mike, "but the one thing I'm most attracted to is femininity, softness, ladies who are not tough, and the women who have earned the right to get on my show have been through show business basic training. I've seen every glamorous woman in the world up close. Name the star and I have talked to her. I've just interviewed Bo Derek and you say to yourself 'My God, she's beautiful.' Then you start thinking . . ." Mike chuckles to himself. "I have a *kid* her age. That just kills it for me.

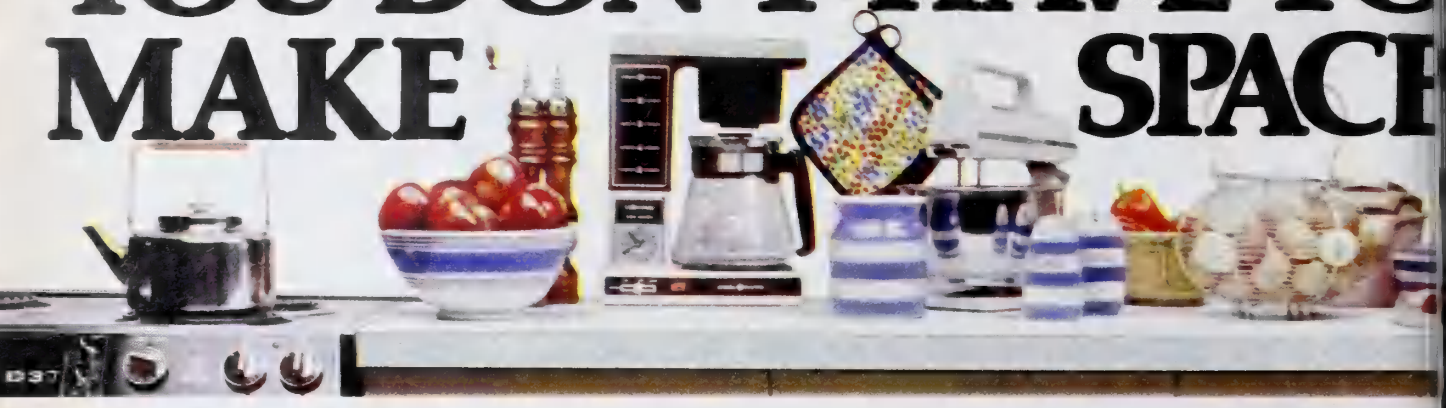
"Besides, nobody ever looked like my Gen. Nobody. She had this dark brown hair with a natural streak of platinum that was a birthmark, dimples, enormous eyes, figure like an hourglass. She stopped traffic and that made me pay attention at home."

We arrive at his stage door and a swarm of aides politely reach into the car for his attention. Mike hesitates, a wry smile forming on his face. "I could divorce myself from show business tomorrow," he sighs. "Easy. With the family I have to come home to? That's where I'm different from the other guys."

Different and special. In the fast-change world of television, there's never been anyone quite like Mike Douglas—one half of a perfect team. **End**



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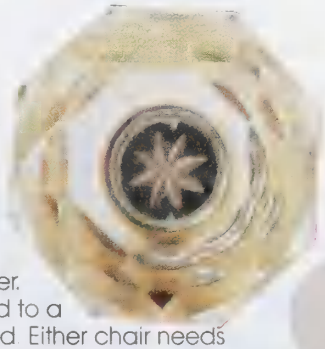




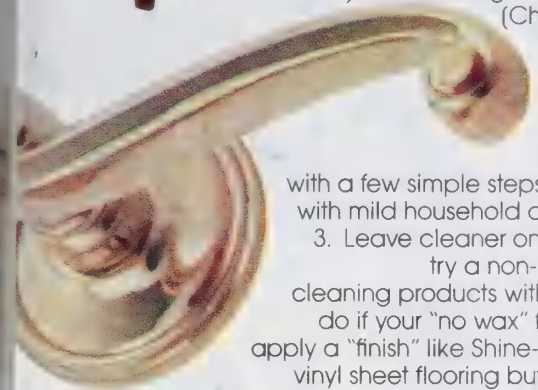
HOME JOURNAL

Sitting Pretty: Paint a Sleek Chair

Easy and inexpensive—here's a way to give furniture a slick lacquer finish without a lot of fuss. • Use an unfinished ladderback or any wooden chair that needs a new look. • *Preparing the surface.* Keep in mind: the smoother the wood, the more professional the results. For an old chair, remove paint or varnish with liquid stripper. Fill in nicks, dents with wood putty. Sand to a smooth finish. For an unpainted chair, just sand. Either chair needs several light coats of primer to mask flaws and seal wood. Then let dry 48 hours. • *Painting.* Apply—as you would hair spray—at least 3 *light* coats of high gloss spray paint (2 13-oz. cans per chair). Prop chair at an angle to paint underside. Place chair upright and spray the rest, making sure you work from all angles. Allow 48 hours to dry before using. • *Cushion.* Pad seat with polyester batting, then upholster with any sturdy fabric, cutting it to fit around chair legs. (We used J.P. Stevens "Jumpin' Jacks" towel; one covers 2 chairs.) Tuck cut edges around legs and staple or tack to chair bottom. (Chair from Sears, $35.99; Rust-Oleum spray primer and paint.)









Keep a Good Thing Glowing—Tips on "No Wax" Floor Care

Maintaining your new "no wax" floor's super shine is a snap with a few simple steps: 1. Sweep or vacuum to remove loose dirt. 2. Mop with mild household detergent or floor cleaner such as Congoleum's Bright 'N Easy. 3. Leave cleaner on the floor a few minutes then *rinse thoroughly.* For stubborn stains, try a non-abrasive cleanser like Bon Ami. Remember, don't use cleaning products with soap (check labels). Soap leaves a dulling film. • What to do if your "no wax" floor has lost its luster? Start with a squeaky-clean floor, and apply a "finish" like Shine-ease by Azrock. Follow label directions. • Want to install vinyl sheet flooring but worried about cutting it to fit your room? To the rescue, a kit containing pattern paper (enough for a 12'x15' room) and tools to help prevent errors in tracing the room's contours, "Fit and Trim" by Armstrong (about $6).



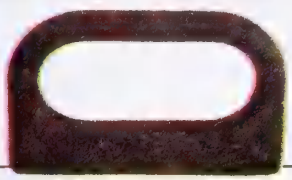


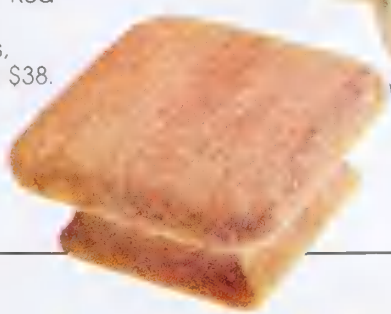
Get a Handle on It

Give a new twist to any door, drawer or cabinet by changing its opener. One of these knobs, pulls or levers can instantly add character (old-fashioned to modern), plus feel good to the touch (smooth to chunky). Clockwise, from top right: 1. Clear, faceted, acrylic doorknob with etched flower, brass back, $39. 2. White, egg-shaped, acrylic doorknob, brass back, $39. 3. Red acrylic small pull, brass back, $16.50. 4. Black rubber "gumdrop" pull, good for kitchens, $5.70. 5. Solid brass doorknob, $27. 6. Simple square hardwood pull, 35¢. 7. Black rubber oval handle pull, $3.50. 8. Red plastic loop pull, $1.25. 9. Black acrylic o-shaped pull, handy for cabinet doors, $1.65. 10. Solid brass door lever, $38.









Shopping information on page 138.

Illustration by Raymond Ameijide. Photographs by Frederick Blum.

HAIR SO CLEAN IT BOUNCES... SO MANAGEABLE IT BEHAVES.

Discover Pert... one shampoo that gives both bouncin' and behavin' hair.

You see, when your hair gets dirty and oily, it just won't bounce. But if you wash it a lot, it can get dry and flyaway. It won't behave.

Pert helps solve both these problems, because it does two great things for your hair. First it lifts away dirt and oils without stripping or drying. It leaves hair so clean it bounces.

But that's not all. Pert also treats your hair with a light touch of 100% grease-free conditioning. Just a touch, to leave hair so manageable it behaves.

There's a Pert formula just right for your hair. So no matter how often you use it, you get bouncin' and behavin' hair.

BEAUTIFUL BOUNCIN' AND BEHAVIN' HAIR





Ladies' Home Journal/March 1981

America's Princesses



Headlines, rather than bloodlines, contribute to their royalty. Who are they? Who doesn't quite make it? An informal coronation by that best-selling observer of the status scene, Judith Krantz, author of Princess Daisy.

When *Princess Daisy* appeared a year ago, people asked if I had based my fictional heroine on Princess Caroline of Monaco or Princess Diane Von Furstenberg. While Daisy was—and is—her own person, the question made me wonder what being a princess means to Americans. I realized that we do indeed create our own "princesses" and I decided the subject deserved a few questions and answers—from me to me.

Q. We don't have titles in the United States. To speak of "princesses" is confusing, isn't it?

A. Yes. Nevertheless we do confer royalty by popular, if informal, election. We use certain women to fulfill the fantasy role of princess.

Q. Do we do this because living in a democracy leaves a romantic or nostalgic yearning for an organized aristocracy?

A. It's not simply that. In European countries, where real titles are still recognized, authentic princesses appear on the covers of popular magazines almost every week—a sure sign that the public is fascinated by them. Here our princesses are movie stars or models or women of achievement or . . .

Q. Oh, please, not another list of the famous and beautiful? Not Jackie Onassis? Again!

A. I'll get to Jackie Onassis in good time. I'm talking about women who enter into myth because of their ability to make us admire and envy them, with admiration slightly outweighing envy. They have something I can only call class.

Q. Class? That sounds wildly unfair.

A. Perhaps. But if you play the princess game with me you have *(continued on page 137)*



RITE OF PASSAGE

To accept love is to risk pain. Jenny's mother knew this, but could her sensitive daughter live with it? A moving short story by Susan Thaler.



At 12, my daughter, Jenny, sits poised on the precipice. On her chin, two unobtrusive reddish spots, about which she has pretended to agonize, lend outward evidence to this fact. At least a hundred times in the last week I have caught her at the mirror, peering at her chin from every angle, fingering the imperfections with disbelief.

"Disgusting!" she exclaims now, stealing a glance in the mirror above the sink. We are in the kitchen, supposedly getting dinner ready before Gideon gets home. Twice I have asked Jenny to prepare the salad; twice she has started and stopped. "Pimples are so gross! Felice doesn't have a single one, and she's four months older than me!"

"Than I," I correct automatically, not even certain *(continued on page 122)*

Illustration by Bob McGinnis



Suited for business, *center,* in crisp natural linen. Classic cuffed walking shorts, $45, and easy blazer, $90, worn with bow-tied, check shirt, $38, in cotton. All, J H Collectibles.

Jungle print culottes, *this page, left,* sexy and exciting. The thinnest summer pants, $46, sway in the breeze with matching short-sleeved camp jacket, $38, a flounced strapless camisole, $24. All, Gregge Sport, in rayon challis. Accessory tip: The fuller the pant-skirt, the higher the heel.

Bold print Bombay pants, *right*, inspired by the maharajahs. The shape is harem-y, gathered into a band above each knee, $54. Topped with a fresh white shirt with padded shoulders, $35. Both, Willi Wear by Willi Smith, in cotton.

Step Into Fashion

The New Pant-Skirts

Great new looks you're going to live in . . . here, ten split versions . . . as soft and pretty as skirts, as practical and easy as pants. Some come more tailored, like the go-to-work Bermuda suits; others balloon out for dress-up fun. Any length goes. All are very affordable, wearable. This we believe . . . pant-skirts are the most versatile fashion in decades.

By Maureen Lynch, Director of Fashion and Beauty.

Lighty stripes, *this page, left,* make perfect day-dressing. appy cuffed walking shorts, $66, paired with double- asted jacket, $108. Inside, a pink camisole, $32. All, berta Freymann for Cilantro, in cotton.
cessory tip: More-tailored pants call for flatter shoes.

The most refreshing color: mint, *right.* High-waisted, wide culottes, $34, keep their cool with mandarin-collar shirt, $30. Both, Tric Trac by Phyllis Keitlen, in cotton.
Accessory tip: With pants that fall below the knee, add something around the ankle (ribbon-tied shoes, short socks).

tographs by Hal Oringer. Hair by Martin Downey. Makeup by Rick Caldwell. Accessory information on page 138.

Step Into Fashion



Tender is the white eyelet, *right,* for a summer frolic. The old-fashioned charm of knickers, $45, worn with a jaunty sailor top, $36. Both, Leslie Holzman for Sportwhirl, cotton. Accessory tip: You'll be buying socks again: ankle, knee-highs.

Colors of the Nile, deep blues and greens, *this page, left.* Long gauzy harem pants, $140, with a ruffly top slipped provocatively off one shoulder, $48. Both, Roberta Freymann for Cilantro, in cotton gauze.
Accessory tip: With wide pant-skirts, give the extra focus of a belted waist.



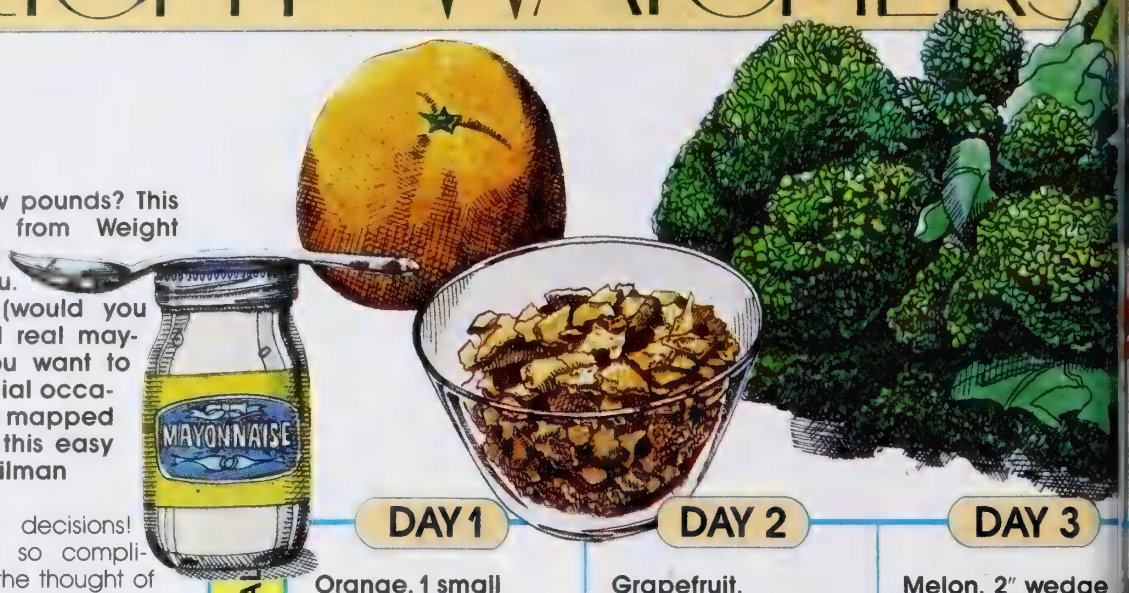
Red-hot and dashing, *center,* for special fun. Very full pant-skirt, $38, and its own little jacket, $21; in rayon challis. Underneath, a bright cotton tube, $12. French Connection.

Sharp colors, a smart image, *this page, left.* Intense magenta flared culottes, $44, go to town with a dark blueberry collarless jacket, $72. Both, Finity, in linen.
Accessory tip: To soften strict tailoring, look for a frilly scarf.

Ready for action, the good sport, *right.* Easy striding split-skirt in olive drab with playful striped cotton tee. Culottes by Ellen Tracy, $56, in cotton/polyester. Tee Shirt by G Ltd., $19.

WEIGHT WATCHERS

Need to lose a few pounds? This new diet option from Weight Watchers makes all the decisions for you. Tastes good, too (would you believe bread and real mayonnaise?). So if you want to look slim for a special occasion and want it all mapped out for you, follow this easy plan. By Joan R. Heilman



Decisions, decisions, decisions! Sometimes life gets so complicated, so busy, that the thought of one more choice is too much. If you're trying to lose weight, you even have to decide what you're going to *eat*, meal after meal, day after day. Under normal circumstances, that's great because it gives you flexibility and freedom, independence and control. But there are times when you don't want to think about what's on the menu. You'd like a prescription for exactly what you will eat today. No decisions. No options.

Weight Watchers has just come up with a brand new food program that includes as one of its elements a plan for just such a time. It's called the No-Choice Food Plan. It fits neatly into a package of four different weight-loss plans that range from one for vegetarians to a full-choice plan that offers foods most people never thought they could have on a diet.

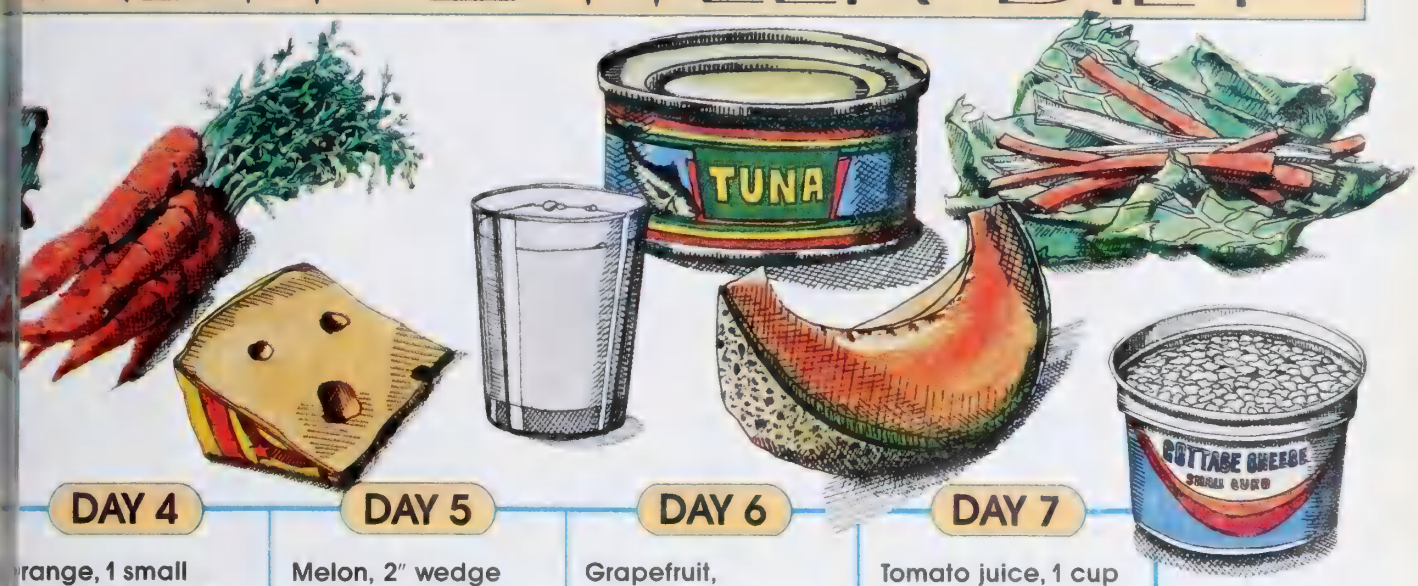
This No-Choice plan, for those times when you want to be told what to eat, is being introduced for the first time right here by the *Journal*. It is a plan for a few days, a week, two weeks at the most, designed for special occasions when a few pounds off will make the difference. And for those times when you want to be relieved of decison-making, to follow strict, reliable diet dictates.

The No-Choice plan has other purposes, too. Perhaps you've been going along just fine, losing pounds, or maintaining your goal weight where you want it. Then your attention wanders and you forget the importance of controlling your portions. You gain a few pounds. The new scheme helps you get right back on the thin track in a hurry. *(continued on page 134)*

	DAY 1	DAY 2	DAY 3
MORNING MEAL	Orange, 1 small Cereal, ¾ oz. Skim milk, ½ cup Beverage	Grapefruit, ½ medium Cottage cheese, ⅓ cup Melba toast, 6 rounds or 4 slices Skim milk, ½ cup Beverage	Melon, 2″ wedge or 1 cup chunks or balls Egg, 1 Bread, 1 oz. Skim milk, 1 cup Beverage
MIDDAY MEAL	Tuna, 3 oz. Lettuce with celery and carrot sticks Mayonnaise, 1 tsp. Bread, 1 oz. Applesauce, ½ cup Skim milk, ½ cup Beverage	Chicken, 3 oz. Cucumber slices with green pepper strips Mayonnaise, 1 tsp. Bread, 1 oz. Skim milk, ½ cup Beverage	Cottage cheese, ⅔ cup Lettuce wedge wi sliced tomato Margarine, 1 tsp. Melba toast, 6 rounds or 4 slice Fruit cocktail, ½ c Beverage
EVENING MEAL	Chicken, 3 oz. Spinach, ½ cup Tossed salad Vegetable oil, 2 tsps. with vinegar & herbs Bread, 1 oz. Beverage	Liver, 3 oz. Broccoli, ½ cup Green salad Vegetable oil, 2 tsps. with vinegar & herbs Orange, 1 small Beverage	Sole, 3 oz. Green beans, ½ cup Tossed salad Margarine, 2 tsps. Beverage
SNACKS	Tangerine, 1 large Yogurt, ½ cup	Banana, ½ medium Skim milk, 1 cup	Tangerine, 1 large Skim milk, 1 cup

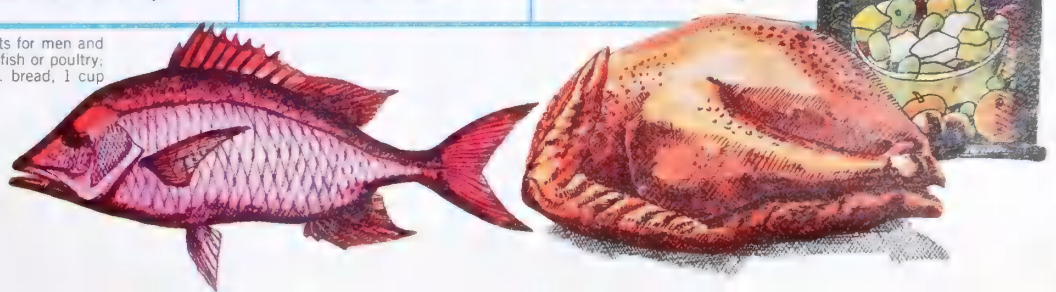


NEW 2-WEEK DIET



DAY 4	DAY 5	DAY 6	DAY 7
range, 1 small ereal, ¾ oz. read, 1 oz. kim milk, ½ cup everage	Melon, 2″ wedge or 1 cup chunks or balls Cottage cheese, ⅓ cup Melba toast, 6 rounds or 4 slices Skim milk, ½ cup Beverage	Grapefruit, ½ medium Egg, 1 Bread, 1 oz. Skim milk, 1 cup Beverage	Tomato juice, 1 cup Cereal, ¾ oz. Skim milk, ½ cup Beverage
una, 3 oz. ettuce with celery and carrot sticks layonnaise, 1 tsp. read, 1 oz. kim milk, ½ cup everage	Turkey, 3 oz. Lettuce with green pepper strips Mayonnaise, 1 tsp. Bread, 1 oz. Applesauce, ½ cup Skim milk, ½ cup Beverage	Hard cheese, 2 oz. Sliced tomato and cucumber Margarine, 1 tsp. Bread, 1 oz. Beverage	Eggs, 2 Lettuce with celery and carrot sticks Mayonnaise, 1 tsp. Bread, 2 oz. Orange, 1 small Skim milk, ½ cup Beverage
urkey, 3 oz. roccoli, ½ cup reen salad egetable oil, 2 tsps. with vinegar & herbs uit cocktail, ½ cup everage	Beef, 3 oz. Carrots, ½ cup Tossed salad Vegetable oil, 2 tsps. with vinegar & herbs Beverage	Red snapper, 3 oz. Spinach, ½ cup Green salad Margarine, 2 tsps. Tangerine, 1 large Beverage	Chicken, 3 oz. Green beans, ½ cup Tossed salad Vegetable oil, 2 tsps. with vinegar & herbs Beverage
anana, ½ medium ogurt, ½ cup	Orange, 1 small Skim milk, ½ cup	Fruit cocktail, ½ cup Skim milk, ½ cup	Applesauce, ½ cup Skim milk, ½ cup

enus shown are for women. Daily adjustments for men and ildren are as follows: Men—add 1 oz. meat, fish or poultry; oz. bread; 1 serving fruit. Youth—add 2 oz. bread, 1 cup im milk or ½ cup yogurt, 1 serving fruit.



strations by Tom Catania

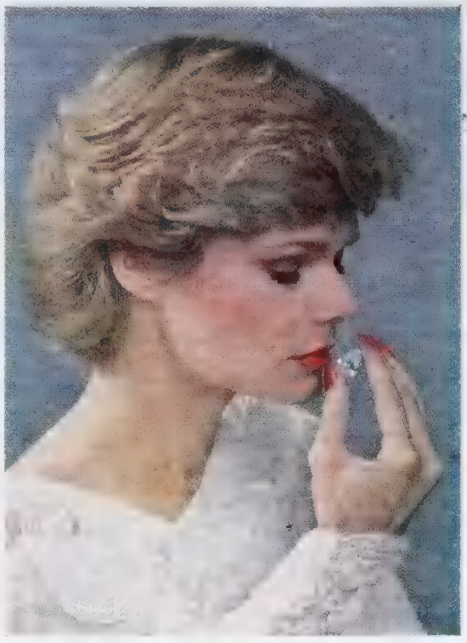
Diamond Cuts

A good haircut is like a fine diamond...flawless. Done by a master hand, its planes should catch and reflect the light. For sheer brilliance, keep in mind our six gem-cut guidelines: consider lifestyle, body proportion, face shape, hair texture, maintenance time (quick!) and flexibility (for more on this, see page 42). The newest looks, here, are short yet still soft—and very sparkly—to show off the many facets of yourself.

Solitaire: A cut that dazzles with fire and ice (opposite)—perfect for naturally curly hair (or a perm). Fullness around the face accents the eyes, stays in balance with large features. Longer around neckline for softness.



Heart Shape: Geometric but gentle—precise lines for fine, straight hair. Smooth and slightly asymmetrical from a high part, it has the delicate touch of wisp sideburns.



Tear Drop: A sparkle-plenty look—good for thick hair. The cut is short, keeping maximum volume. Brushed back in little ripples, it flows and follows the hair's natural movement.

Photographs by Alain Walch. Haircuts by Charles Fremolaro for Roger Thompson & Assoc. Makeup by Emily Pattner. Diamonds by Baumgold Bros., Inc. Blouses by Oscar de la



LIGHT UP

We all need good light to live by. To give visual comfort . . . to light the things we love . . . to provide convenience in our homes. Because many bright ideas have evolved in recent years, here are some illuminating ways to light up your days (and nights), plus smart energy-saving tips. By Joan Tully, Home Editor.

Recipe for a well-lit kitchen: a mixture of strong work lights—and a dash of imagination. For efficient use of space, no dark corners or neglected areas are allowed. Side benefits to proper lighting are many. Food will look more appetizing; family and friends will feel welcome, linger longer; chopping, cooking and cleaning up chores will go faster; and you'll end up being less tired.

Most older kitchens have one large fluorescent smack in the center of the room. If it's the only light source, chances are the cook is working in her own shadow.



Glass-shaded hanging lamp is part of new track system; cozy for kitchens.

For this kitchen, right, the lighting designer replaced the fluorescent with two rows of recessed down-lights. Positioned close to the perimeter of the walls, they throw off general illumination as well as shed light deep into the insides of the cabinets and wall oven. These down-lights are covered with opal lenses, to softly diffuse light and protect the bulbs from kitchen grease. Tip: To achieve almost the same look without installing recessed lights, you can run a series of narrow fluorescent fixtures along the ceiling edges. Fluorescents give about twice as much light per watt as standard light bulbs (incandescents), and last up to ten times longer. For ceiling lighting, look for the "deluxe warm-white" fluorescent, which is more flattering to complexions, food, rather than the cooler commercial tube.

Other excellent uses for the tubular fluorescents are to light specific areas, a job known as "task" lighting. The designer, here, chose the harsher, cooler (but brighter) fluorescent tubes to illuminate under cabinets and window valance. Tip: To keep tubes from eye-view while working or dining, find a fixture with a covering shield.

Ready-to-plug-in fluorescent fixture fits snugly under a cabinet (by General Electric).

Handy stick size, this incandescent bulb gives a warm glow.



YOUR LIFE



Left: Once-dark kitchen has a new lease on life with sand-colored walls, countertops and flooring; cool and airy wallpaper. All of which reflects the new clean lighting.



Inset, top: A simple but convenient touch—miniature track lights over the sink to brighten a dark corner, accent storage jars, plus help you wash.

Inset, below: Long, skinny (1 in. wide) fluorescent "task" light is well hidden under cabinet overhang—to make kitchen work easier.

For product information, see page 136.

Lighting Professionals Photographs by Bruce Wolf

LIGHT UP YOUR LIFE

SMART LIGHTING MAKES A LIVING ROOM WARM AND INVITING

The dramatic success of this spacious living room shows the results of careful planning. Originally a smaller family room, the interior space was enlarged and needed a well-thought-out lighting scheme to pull it all together. The designer's solution was to light around the edges of the room, creating a sense of expansiveness.

Smaller conversation areas were carved out by the clever use of ceiling lights. Fully recessed lights over the comfortable couch and others set partially into the sloped ceiling were aimed straight down, giving an intimate feeling in spite of the room size. All are on dimmers so the light can be mellowed to change the atmosphere of the room.

In addition to the overhead illumination, accent lights were specially placed for visual excitement. One short track light focuses on a wall hanging (on brick column) to pick up the nuances of color and its nubby weave. Can lamps on the floor shine up through the leafy plants, throwing mysterious shadows on the ceiling, walls. A modern standing lamp with a movable neck offers the couch dweller forthright light to read by.



Spiked plant light to imbed in soil.

Bright spotlight with removable shield—for reading or highlighting.

Can lamp throws light up from floor, creating dramatic shadows.

One wavy, one yellow filament for fun. Use to zigzag across ceiling or to light steps, platforms.

Left: A pair of "eyeball" accent lights peeks out of the ceiling above the fireplace, bringing out the rough texture of the well-worn bricks, providing enough growing light for the greenery and accenting the sheen of the mantel clock.

Below: Setting a mood for making sweet music—the piano keyboard is illuminated directly by a surface-mounted ceiling fixture with a reflector bulb. Other nearby ceiling lamps throw off beams of light, fusing in rich harmony.

Lighting by Lighting Professionals

Magnetized ball on a stand swivels to spotlight; for wall or table.

Sturdy and versatile, this metal lamp sits or hangs in work area.

Slender polished chrome spotlight shows off objects, art.

For product information, see page 138.

LIGHT UP YOUR LIFE

CUTTING COSTS: FOURTEEN SENSIBLE WAYS TO SAVE ENERGY AND BE WATT-WISE

1 Let the sunshine in—it's free. Harness natural light by opening blinds, shades, drapes and snapping off your electric lights during the day.

2 Choose light colors for walls, ceilings and floors. Whites, beiges and pastels reflect the light, while dark shades absorb it.

3 Be tidy—keep light bulbs and fixtures clean. Layers of dust mean dimmer bulbs.

4 Substitute lower-watt bulbs wherever bright lights aren't essential, such as in closets or small hallways.

5 Replace standard 100-watt bulbs with 50-watt reflector bulbs in pole lamps or other bell-shaped fixtures. Reason? Much of the standard bulb's light stays trapped in the holder, while the reflector projects it out where it's needed.

6 Install dimmer controls to on-off switches. Easy and inexpensive, you'll save energy, create a romantic atmosphere, too.

7 Switch to fluorescent units for kitchen, laundry and work rooms. A double 20-watt fluorescent consumes about half the electricity, yet delivers the same amount of light and lasts much longer than a standard 100-watt bulb.

8 Put outdoor lights on a timer: they'll turn off automatically if you forget.

9 Plan where you will use every bulb before buying it. You may want to weigh energy-efficiency against convenience. For example while a *regular* 100-watt bulb lasts only 750 hours compared to a *long-life* bulb's 1,000 hours, it gives more light and consumes less energy. But, if you need the bulb for a hard-to-reach stairwell fixture, the long-life bulb is clearly a better bet.

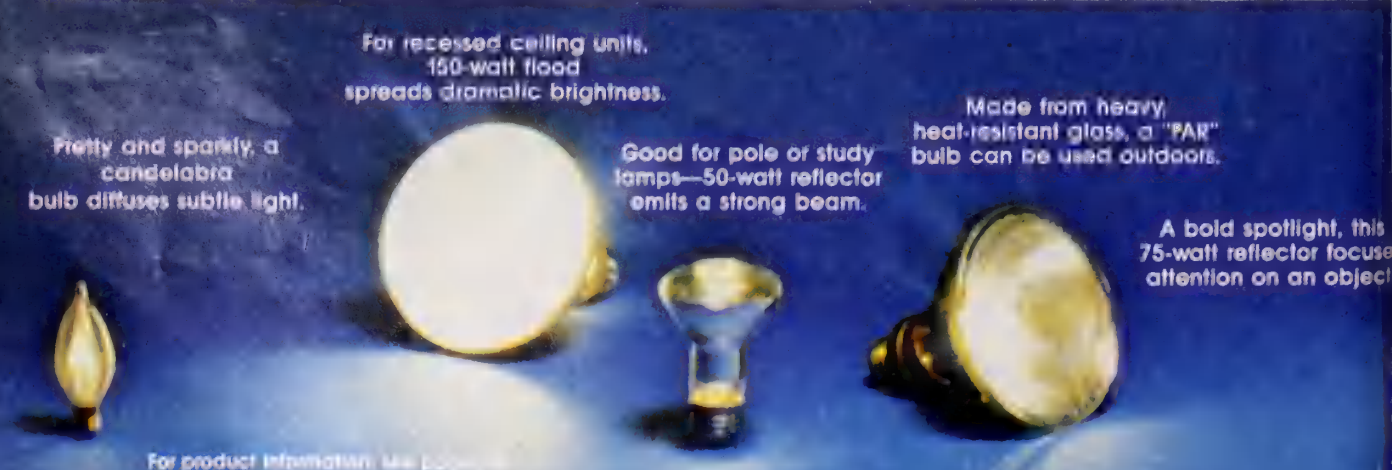
10 Replace any 7-watt frosted night light with a clear 4-watt bulb. This tiny guide to sure-footing will appear almost as bright.

11 Use three-way bulbs wisely. Turn on high for reading, switch to medium or low for conversation. Look for the improved 15/135/150 bulbs, which give more light at the middle setting than the older 50/100/150 model light bulbs gave at the high setting.

12 Remember that one 100-watt bulb is more efficient than two 50-watt bulbs. Don't double up when one will do.

13 Change the bulb in your table lamp to one of the new circular fluorescent units that simply screw into an ordinary lamp socket. According to Sylvania, its model lasts as long as sixteen 75-watt standard bulbs and can save over $30 in energy costs.

14 Lastly, don't forget to turn off *all* the lights when you leave a room. It used to be the rule that turning fluorescents on and off was more costly than leaving them burning. Now, with higher energy prices, it pays to switch them off if you're gone longer than 15 minutes. To help your household get into good habits, leave notes and lavish praises!



THE RIGHT LIGHT FOR SPECIAL SITUATIONS

Reading: For relaxing with a book or poring over the newspaper, you'll need good direct light brightening the pages. Recommended: a wide-bottomed (at least 16 in.), moderately translucent lamp shade with a low-placed bulb. Whether you're sitting near a table, floor or hanging lamp, position lower edge of shade just at eye level. Turn on other lights in the room for a comfortable glow.



Sewing: Paying attention to small details can be very straining. To make your job easier, work near a wall lamp or clip a strong light onto a pegboard (both keep work area clear). Position light in front of you but to the left of the needle to avoid a shadow from your hand. Flick on the machine's small-but-mighty light; also benefit from general room lighting.



Studying: When concentration is so intense, lighting needs to be very specific. Use a table lamp with an eye-level shade. Measure and place the lamp 15 in. to your side and 12 in. from the edge of your desk, to spread light evenly over entire study area. Non-glossy, light-colored walls and desk top (if dark, add a pale blotter) will help bounce off more light.



Grooming: Best for beauty, luminous fixtures (no shades, please) placed on both sides of the mirror. The long narrow types (illustrated) distribute an even light on your face. Plus, a ceiling light of either deluxe warm-white fluorescent or standard incandescent will add better balance. The common placement of a fixture above the mirror is less flattering, casting shadows, directing harsh downward light.





One Pound Entertains Eight

Unbelievable! Just 16 ounces of meat or fish can stretch into great-looking, delicious company dinners.

Everybody entertains (friends, family, etc.). But with spiraling food costs, it's harder than ever to stay within a budget. To make life easier, here's how to turn one pound of ground beef, chicken (and so on) into something special. Clip our seven super main dishes ... and call up your crowd. Right: Pasta Pinwheels, standup lasagna with spinach, beef. Insets, top: Arancini, fried rice balls with meaty sauce. Below: Salmon Loaves, elegant in a crust; dill sauce. Recipes, page 109.

Photographs by John Bechtold







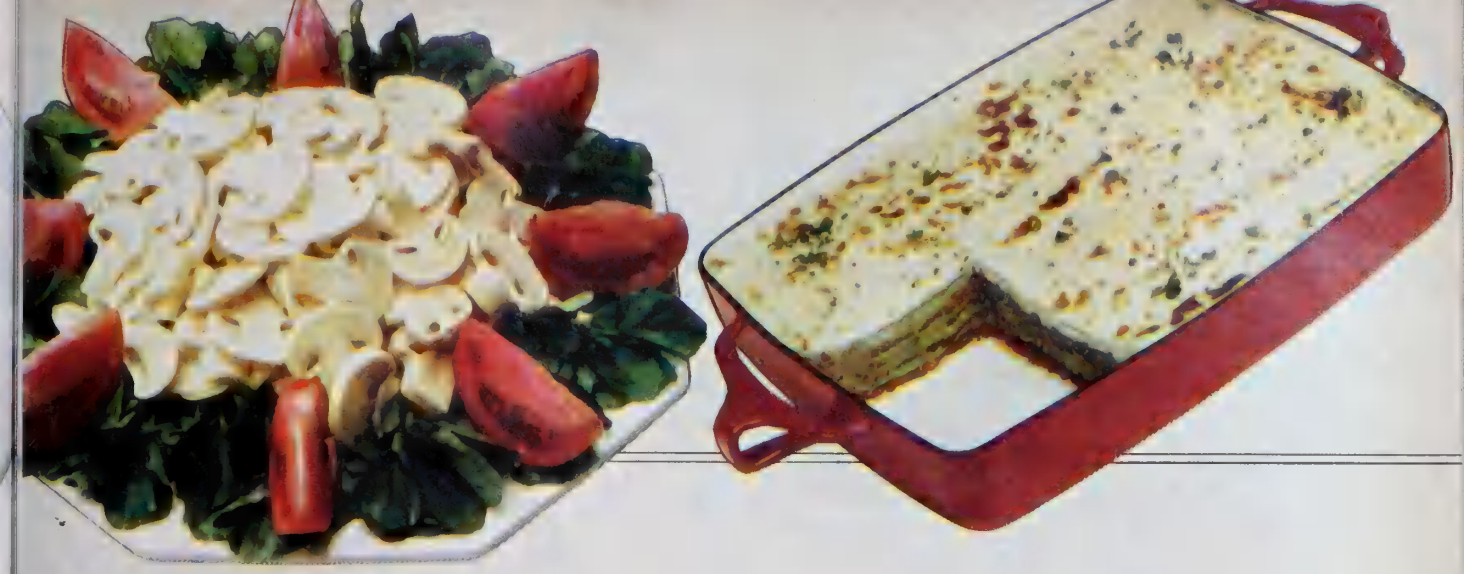




Mushrooms

Snowy white and creamy smooth... mushrooms have a special magic all their own.

Photographs by Andre Gillardin



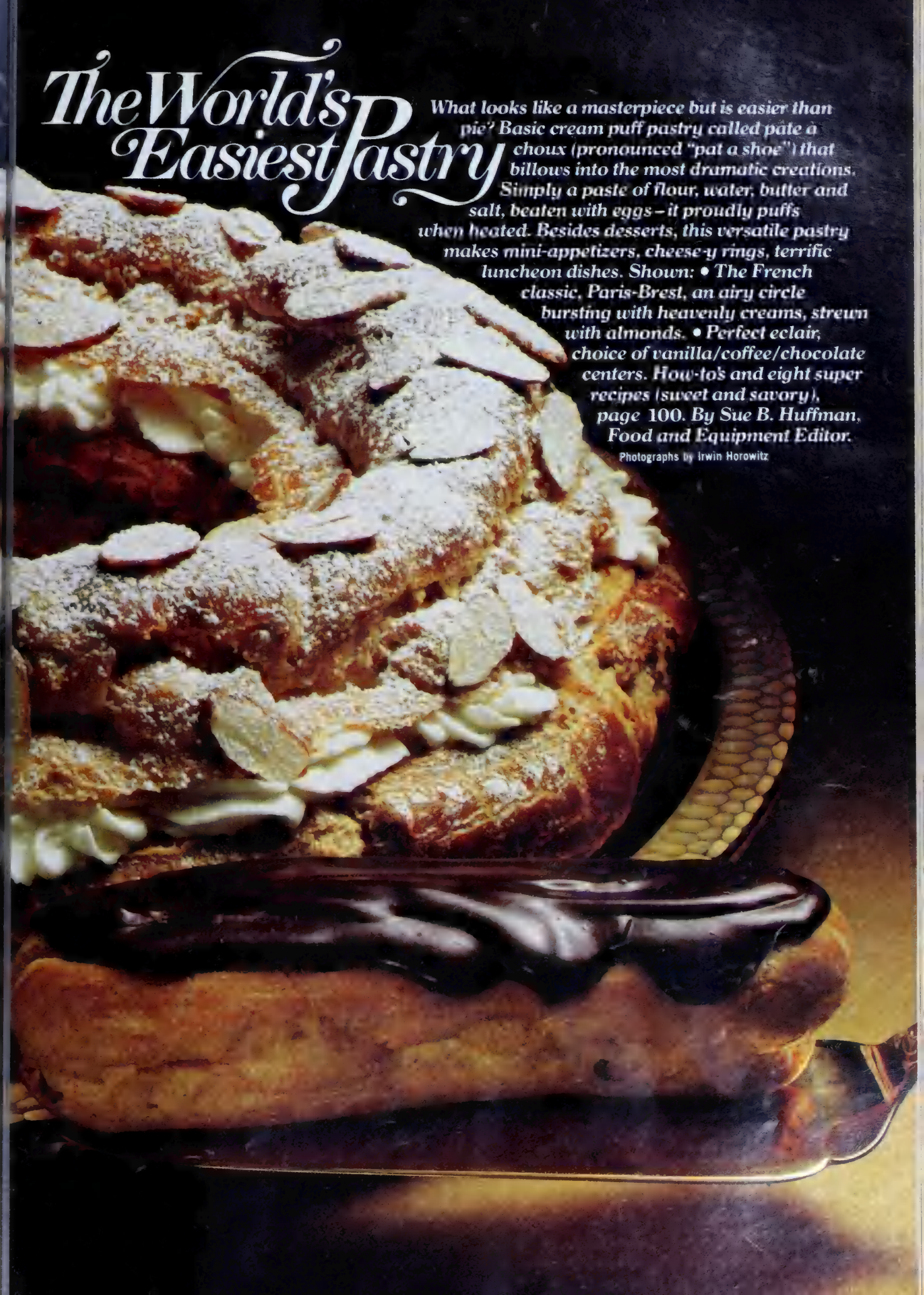
Once a delicacy, fresh mushrooms are now widely available year-round at surprisingly little expense. Served raw (silky smoothness combined with crunch) or cooked (subtle but earthy), these little capped vegetables serve as a basic ingredient in a rich variety of dishes. Above, left to right: • *Spinach-Mushroom Roulade with Swiss Cheese Sauce.* • *Trio of Stuffed Caps–Sausage, Parmesan, Scallop-Bacon.* • *Mushroom Salad with watercress.* • *Mushroom Lasagna. All recipes (including an unforgettable soup), lore and tips,* *on page 112.*



The World's Easiest Pastry

What looks like a masterpiece but is easier than pie? Basic cream puff pastry called pâte à choux (pronounced "pat a shoe") that billows into the most dramatic creations. Simply a paste of flour, water, butter and salt, beaten with eggs – it proudly puffs when heated. Besides desserts, this versatile pastry makes mini-appetizers, cheese-y rings, terrific luncheon dishes. Shown: • The French classic, Paris-Brest, an airy circle bursting with heavenly creams, strewn with almonds. • Perfect eclair, choice of vanilla/coffee/chocolate centers. How-to's and eight super recipes (sweet and savory), *page 100.* *By Sue B. Huffman, Food and Equipment Editor.*

Photographs by Irwin Horowitz



How to make Pâte à Choux



Combine water, butter and salt in a saucepan over medium heat until water boils and the butter has melted.



Add flour and stir briskly with a wooden spoon until mixture leaves the sides of pan and forms a ball. Continue stirring over low heat to dry the mixture for one minute.



Add eggs, one at a time, beating after each until mixture is smooth. Don't panic if it seems lumpy after adding each egg. Keep beating and the mixture will eventually become smooth.



To form Paris-Brest (see recipe this page): Spoon pâte à choux into pastry bag. Squeeze a one-inch-wide ring along outline on greased and floured cookie sheet. Form second and third rings according to recipe directions.

The World's Easiest Pastry

continued

CREAM PUFF PASTRY
(Pâte à Choux)
pictured on this page

1 cup water
½ cup butter
¼ teaspoon salt
1 cup all-purpose flour
4 eggs

In medium saucepan combine water, butter and salt over medium heat until water is boiling and butter has completely melted. Reduce heat. Add flour all at once. Stir briskly with wooden spoon until mixture leaves sides of pan and forms a ball. Continue stirring over low heat for about a minute to "dry" the mixture. Cool slightly. Add eggs, one at a time, beating until completely smooth after each addition. (Or use a food processor or electric mixer. Still add eggs one at a time, processing or beating until smooth.) Makes enough for 1 Paris-Brest, 18 Eclairs, 12 Cream Puffs, 1½ dozen Beignets, 2 Danish Puff Coffee Cakes, 1 Puffy Cheese Ring, or 6 to 7 dozen Cocktail Puffs.

PARIS-BREST
pictured on page 98

The name comes from the Paris-Brest railroad line. Requires several steps, but the spectacular results are not difficult to achieve.

1 recipe Pâte à Choux (see this page)
1 egg, beaten
Almond Brittle (Praline Powder)
1 cup confectioners' sugar
½ cup blanched whole almonds
1 recipe Vanilla Cream (see page 103)
1 egg white, slightly beaten
2 tablespoons unblanched sliced almonds
1½ cups heavy or whipping cream
3 tablespoons sugar
½ teaspoon vanilla extract
Confectioners' sugar

Grease a large cookie sheet. Sprinkle with flour and shake off excess. Press an inverted 9-inch round cake pan onto cookie sheet to mark a ring. Set aside. Preheat oven to 400°F.

Prepare Pâte à Choux. Fit large pastry bag with plain tip about ⅜ inch in diameter. Fill bag with choux paste and, following the outline, squeeze into a 1-inch-wide ring. Squeeze a second ring inside of and touching the first ring. Squeeze a third ring on top, in between the first two. (If you have any remaining choux paste, use it to touch up any uneven areas.) Brush with beaten egg. Do not let egg drip onto cookie sheet as it will prevent ring from rising. Bake 45 minutes. Turn off oven. With tip of sharp knife puncture ring in several places to let steam escape. (This helps dry center of ring.) Cool in oven with door ajar for 1 hour.

Meanwhile, prepare Almond Brittle. Grease a 9-inch cake pan; set aside. In large heavy skillet combine confectioners' sugar and almonds. Heat over low heat without stirring until sugar starts to melt. (This can take up to 10 minutes.) Continue to cook, stirring constantly, until mixture turns a rich caramel color. Pour immediately into prepared pan. Allow to cool and harden. Process to a powder in food processor or blender; set aside. (This is known as praline powder—not to be confused with praline candy of New Orleans fame. Can be kept up to a month in a tightly covered container.)

Prepare Vanilla Cream (see page 103). *However, as soon as cream is cooked, cool by setting saucepan in bowl of ice cubes. Stir occasionally to prevent skin from forming.* (This yields the stiffer pudding necessary for this recipe.) Stir praline powder into cooled vanilla cream.

After pastry ring has cooled, remove from oven. Preheat oven to 400°F. Brush ring with beaten egg white and sprinkle with sliced almonds. Return to oven for 5 minutes. Remove from cookie sheet and place on wire rack to cool.

To assemble: Using a long-bladed, serrated knife, cut top third off pastry ring. Place ring bottom on serving plate. Fill with praline cream. Slowly whip cream until slightly thickened. Add sugar and vanilla and continue to beat just until mixture holds its shape when dropped from a spoon. Spoon into pastry bag fitted with star tip. Pipe rosettes over praline cream. Sprinkle top third of pastry ring with confectioners' sugar and place over whipped cream. *(Can be prepared in advance. Wrap well and freeze up to 6 weeks. Thaw covered in refrigerator 8 to 12 hours.)* Makes 16 servings, about 330 calories each.

ECLAIRS
pictured on page 99

1 recipe Pâte à Choux (see this page)
1 recipe Vanilla, Coffee or Chocolate Cream (see page 103)
Chocolate Glaze
1 teaspoon butter
2 squares (1 oz. each) unsweetened chocolate
1 cup confectioners' sugar
2 to 3 tablespoons hot water

Preheat oven to 400°F. Grease 2 cookie sheets; set aside.

Prepare Pâte à Choux. Spoon into pastry bag fitted with plain tip about ⅜ inch in diameter. Squeeze dough onto cookie sheets into eighteen 5x1-inch strips, about 2 inches apart. (If you don't have a pastry bag, drop batter into 18 mounds. Spread each with spatula into a 5x1-inch oblong.) Bake 30 minutes. Turn off oven. Cool in oven with door ajar for 1 hour. Transfer to wire racks to cool completely. *(Can be prepared in advance to this point. Freeze fully cooled eclairs in plastic bag up to 1 month. Thaw on baking sheet in single layer at room temperature for ½ hour; place in preheated 350°F. oven for 8 minutes. Cool on wire racks.)*

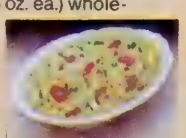
To fill: Make a small hole at both ends of each eclair. Spoon desired *(continued)*

Vegetables taste better when you remember the Campbell's



eamy Corn Italiano

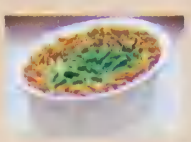
cup diagonally sliced green onions
medium cloves garlic, minced
tsp. oregano leaves, crushed
tsp. basil leaves, crushed
tbsp. butter or margarine
can Campbell's Cream of Celery Soup
cans (about 16 oz. ea.) whole-kernel golden corn, drained
cup milk
cup drained, cut-up canned tomatoes



saucepan, cook onions with garlic, gano and basil in butter until der. Add remaining ingredients. at; stir occasionally. Makes about cups.

Green Bean Bake

1 can (3½ oz.) French fried onions
1 can Campbell's Cream of Mushroom Soup
½ cup milk
1 tsp. soy sauce
Dash pepper
2 pkg. (9 oz. ea.) frozen cut green beans, cooked and drained



In 1½-qt. casserole, combine ½ can onions and remaining ingredients. Bake at 350°F. for 25 min. or until hot; stir. Top with remaining onions. Bake 5 min. more. Makes about 4 cups.

Sweet & Sour Carrots

2 slices bacon
1 medium green pepper, cut in squares
1 medium clove garlic, minced
1 can (10¾ oz.) Campbell's Tomato Soup
2 tbsp. water
4 tsp. vinegar
1 tsp. sugar
3 cups diagonally sliced, cooked carrots
¼ cup chopped parsley



In skillet, cook bacon until crisp; remove and crumble. Cook green pepper with garlic in drippings until tender. Stir in bacon and remaining ingredients. Heat; stir occasionally. Makes about 3½ cups.

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Hint: A single serving has only 100 calories, and virtually no fat.

Hint: Yet provides 35% of Vitamin C* you need daily.

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Still can't guess which vegetable has all that good stuff?

It's the potato.

Surprised? Well, the potato is full of surprises. It's a good source of iron and other minerals. And provides fiber your diet may be lacking.

All told, the potato provides excellent nutritional return for the calories it contains. In fact, the potato has such a broad spectrum of vitamins and minerals, it's the first vegetable to have nutritional labeling.

And when it comes to versatility, the potato has its place in hundreds of recipes that are delicious and very economical.

The potato plainly has it all wrapped up—as a nutritious, low-calorie, economical vegetable.

*All figures apply to United States Recommended Daily Allowances (U.S. RDA) based on serving size (5.3 oz.), Potato Board Nutritional Labeling Study, 1978-79.

ANSWER:

(Potatoes. America's favorite vegetable.)

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filling into pastry bag fitted with plain tip, ¼ inch in diameter. Squeeze filling into eclairs from each end. (Or cut off tops of eclairs and fill each with about 2 tablespoons Vanilla or Coffee Cream and about 3 tablespoons Chocolate Cream. Replace tops.)

Glaze: Melt butter and chocolate in small saucepan over very low heat. Remove from heat; stir in confectioners' sugar and enough water for smooth spreadable consistency. Spread over top of eclairs. Makes about 18 eclairs, about 195 calories each with Vanilla or Coffee Cream and 270 calories with Chocolate Cream.

CREAM PUFFS

1 recipe Pâte à Choux (see page 100)
1 recipe Vanilla, Coffee or Chocolate Cream (see below)
Confectioners' sugar

Preheat oven to 400°F. Grease 2 cookie sheets; set aside.

Prepare Pâte à Choux. Drop by large serving spoonfuls into 12 mounds on cookie sheets. Bake 30 minutes. Turn off oven. Cool in oven with door ajar for 1 hour. Transfer to wire racks to cool completely. *(Can be prepared in advance to this point. Freeze cooled puffs in plastic bags up to 1 month. Thaw on cookie sheet in single layer at room temperature for ½ hour, then place in preheated 350°F. oven for 8 minutes. Cool on wire racks.)*

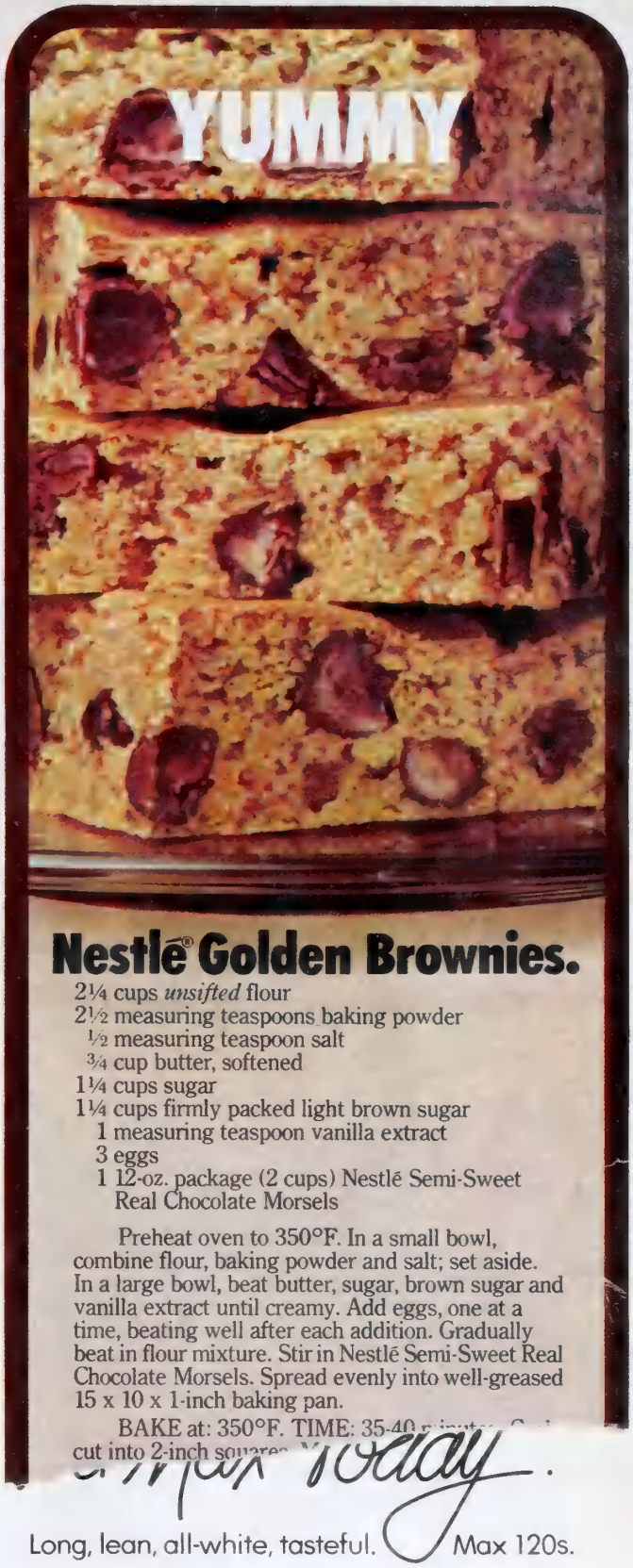
To fill: Make a small hole in side of each puff. Fit pastry bag with a plain tip, ¼ inch in diameter; spoon in desired filling. Squeeze into puff through hole. If you don't have a pastry bag, cut puff tops off with serrated knife. Fill each with about 3 tablespoons Vanilla or Coffee Cream, or about ¼ cup Chocolate Cream. Sprinkle with confectioners' sugar. Makes 12, about 240 calories each with Vanilla or Coffee Cream, 350 calories with Chocolate Cream.

VANILLA CREAM
(Crème Pâtissière)

1½ cups milk
4 egg yolks
⅔ cup sugar
⅓ cup all-purpose flour
¼ teaspoon salt
1 teaspoon vanilla extract

Rinse large heavy saucepan with cold water. Do not dry. Pour in milk and scald. Meanwhile, in small mixer bowl with mixer at medium speed beat egg yolks and sugar until very light. Beat in flour and salt just until smooth. With mixer on lowest speed gradually add milk, scraping sides of bowl. Return mixture to saucepan. Cook over low heat, stirring constantly with wire whisk, until mixture comes to a boil. (Don't panic if lumps form—mixture will smooth out.) Cook and stir another 3 minutes. Remove from heat; stir in vanilla. Cover surface with plastic wrap and refrigerate until chilled, about 2 hours. Makes [illegible] calories per tablespoon.

Suga
¼ c
4



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BIG SISTER'S "SWEET ON YOU" VEGETABLE SPAGHETTI AL FORNO

- 1½ cups zucchini chunks
- 1 cup chopped onion
- 1 cup celery slices
- 1 cup thin carrot slices
- 1 cup mushroom slices
- 3 tablespoons PARKAY Margarine
- 1 pkg. KRAFT Tangy Italian Style Spaghetti Dinner
- 1 lb. ricotta or cottage cheese
- 2 cups (8 ozs.) shredded CASINO Brand Natural Low Moisture Part-Skim Mozzarella Cheese

Saute vegetables in margarine. Prepare spaghetti and sauce as directed package. In 11¾ x 7½-inch baking dish, layer half of spaghetti, sauce, ricotta cheese, vegetable mixture and mozzarella cheese; repeat layer Sprinkle with the Grated Parmesan Cheese. Bake at 350°, 30 minutes. Let stand 5 minutes. 6 to 8 servings

To Make Ahead: Prepare casserole as directed except for baking Cover tightly; refrigerate. Bake at 350°, 1 hour and 10 minutes. Let stand 5 minutes.



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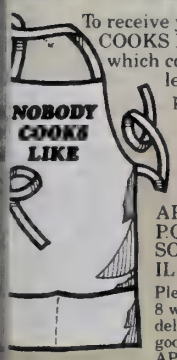
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G BROTHER'S "HOME RUN" HEROES

ips torn lettuce
ip pitted ripe olive slices
ip KRAFT French Dressing
ndividual French bread loaves, baked
Tomato slices
Salami slices, cut in half
KRAFT American Singles Pasteurized Process Cheese Food, cut in half diagonally

abine lettuce, olives and dressing; toss lightly. For each dwich, cut top from bread loaf; remove center from bottom of bread. Fill with salad mixture. Top with tomatoes, at, process cheese food and top half of bread. 6 sandwiches

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The World's Easiest Pastry

continued from page 103

thickened. Add 6 tablespoons sugar and continue beating just until soft peaks form. Beat in cooled chocolate just until mixture is evenly blended and holds its shape when dropped from a spoon. (Mixture will not be perfectly smooth.) Refrigerate until ready to use, up to 3 hours. Makes about 3 cups, about 50 calories per tablespoon.

BEIGNETS (Fritters)

1 recipe Pâte à Choux (see page 100)
1 tablespoon sugar
1 teaspoon vanilla extract
Salad oil for frying
Confectioners' sugar

Prepare Pâte à Choux, adding sugar with flour and salt. Stir in vanilla after adding eggs.

In deep-fat fryer or Dutch oven, heat 2 inches salad oil to 375°F. on deep-fat thermometer. Drop dough by rounded tablespoonfuls into hot oil. (Fritters triple in bulk so fry only a few at a time.) Fry until puffed and browned, about 8 minutes. Remove with slotted spoon; drain on paper towels. Sprinkle with confectioners' sugar. Serve warm. Makes about 1½ dozen, about 125 calories each.

DANISH PUFF COFFEE CAKES

Crust
½ cup butter
1 cup all-purpose flour
2 tablespoons ice water
Topping
1 recipe Pâte à Choux (see page 100)
1 teaspoon almond extract
Icing
1½ cups confectioners' sugar
1 tablespoon butter, softened
2 tablespoons milk
½ teaspoon vanilla extract
Dash salt
¼ cup sliced unblanched almonds

Crust: In medium bowl cut butter into flour with pastry blender or two knives used scissor fashion until mixture resembles coarse crumbs. Sprinkle in water, 1 tablespoon at a time, tossing with fork to mix. Form dough into a ball; divide in half. Press each half into 3-inch wide strip on ungreased cookie sheet. Set aside.

Preheat oven to 350°F.

Topping: Prepare Pâte à Choux, adding almond extract with flour and salt. Stir in vanilla after adding eggs. Spread half of dough over each strip of crust. Bake 30 minutes. Cool on cookie sheet on wire rack.

Icing: Combine confectioners' sugar, butter, milk, vanilla and salt; beat until smooth. Spread over cooled cakes. Sprinkle with almonds. Serve warm. *(Can be prepared in advance. Freeze iced and fully cooled cakes, tightly wrapped, up to 1 month. Thaw unwrapped on cookie sheet at room temperature for 2 hours, then place in preheated 350°F. oven for 10 minutes.)* Makes 2 coffee cakes, about 6 slices each, about 325 calories each.

PUFFY CHEESE RING (Gougère)

1 recipe Pâte à Choux (see page 100)
⅛ to ¼ teaspoon nutmeg
⅛ teaspoon ground red pepper
1 cup shredded Gruyère or Swiss cheese
1 egg, beaten

Grease a large cookie sheet. Sprinkle with flour and shake off excess. Press an inverted 9-inch round cake pan onto cookie sheet to mark a ring. Set aside. Preheat oven to 400°F.

Prepare Pâte à Choux, adding nutmeg and red pepper with flour and salt. Stir in cheese after adding eggs. Drop by ¼ cup mounds (we used a level #16 ice cream scoop) inside marked ring. (Mounds should be touching.) Brush with beaten egg. Bake 30 minutes. Puncture ring in several places with tip of sharp knife to let steam escape. Bake 5 minutes longer. Serve warm or at room temperature as an appetizer, or hot, split and filled with creamed meat or fish for a festive main dish. Makes about 20 appetizer servings at about 100 calories each, or 8 to 10 main dish servings at about 265 calories per 8, 210 calories per 10 (without filling).

COCKTAIL PUFFS

1 recipe Pâte à Choux (see page 100)
Fillings: Roquefort-Pecan or Chicken Liver with Apple (recipes follow) or Duxelles (recipe on page 112)
Watercress (optional)

Preheat oven to 400°F. Grease 3 large cookie sheets; set aside.

Prepare Pâte à Choux. Drop dough by scant teaspoonfuls about 2 inches apart onto cookie sheets. Bake 30 minutes; turn off oven. Puncture each puff with tip of sharp knife to let steam escape. Cool puffs in oven with door ajar for 1 hour. Cut puffs in half crosswise, fill with desired filling and replace tops. *(Can be prepared in advance to this point. Cover and refrigerate up to 3 hours. For Duxelles, heat just before serving in a 325°F. oven for 10 minutes.)* If desired, tuck watercress leaf into each puff. Makes 6 to 7 dozen, about 20 calories each puff, without filling.

To freeze: Place fully cooled, filled puffs in plastic bags; freeze up to 1 month. Thaw at room temperature for 1 hour in single layer. Do not heat cheese or chicken liver-filled puffs. Heat Duxelles-filled puffs in 325°F. oven for 10 minutes.

Roquefort-Pecan Filling
1 package (8 oz.) cream cheese, softened
1 cup (4 oz.) crumbled Roquefort cheese
2 tablespoons port wine or sherry
½ cup chopped, toasted pecans

In small mixer bowl combine cheeses and wine; beat until well blended. Mix in pecans. Cover and refrigerate until ready to use. Makes about 1¾ cups (about 1 teaspoon per puff), about 20 calories per teaspoon.

Chicken Liver with Apple Filling
6 bacon slices
1 pound chicken livers, trimmed
1 cup cubed, unpeeled apple
¼ cup apple brandy or cider
1½ teaspoons salt
¼ teaspoon pepper
Dash thyme, crushed

In medium skillet cook bacon over low heat until crisp. Set aside on paper towels. Pour off all but 3 tablespoons drippings. Add livers to skillet and cook over medium heat, stirring frequently, until no longer pink in centers, about 10 minutes. Transfer livers to food processor or blender. Combine apple and brandy in skillet. Cook gently until liquid is absorbed, about 10 minutes. Add apples to livers, with bacon and seasonings and process until mixture is smooth and well blended. Cover and chill thoroughly before using. Makes about 1⅔ cups (about 1 teaspoon per puff), about 20 calories per teaspoon.

Duxelles

Prepare according to recipe on page 112. Makes about 1 generous teaspoon per puff, about 15 calories per teaspoon. **End**

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ANSWER:

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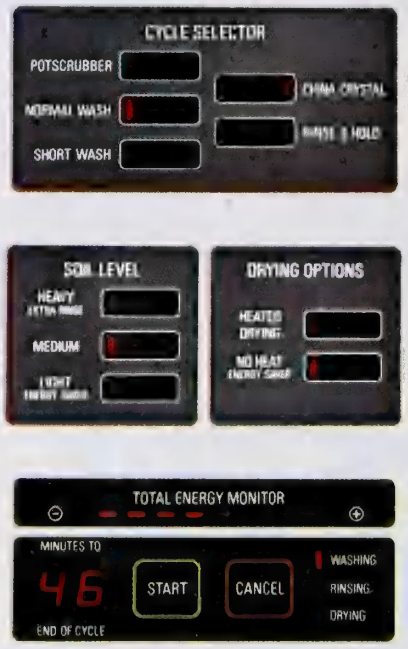
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GENERAL ELECTRIC



One Pound Entertains Eight

continued from page 94

PASTA PINWHEELS
pictured on page 94

Lasagna's nothing new, but this festive, rolled-up version is.

Sauce
- ¼ cup butter or margarine
- ¼ cup flour
- 4 cups milk
- ⅔ cup grated Parmesan cheese
- 1 package (10 oz.) frozen chopped spinach, thawed and well drained
- 3 to 4 garlic cloves, crushed
- ¼ cup chopped parsley
- 2 teaspoons basil
- ½ teaspoon salt
- ⅛ teaspoon pepper

Filling
- 2 tablespoons butter or margarine
- ½ cup chopped onion
- 1 pound ground beef
- 2 garlic cloves, crushed
- 2 packages (10 oz. each) frozen chopped spinach, thawed and well drained
- 1 container (15 oz.) ricotta cheese (2 cups)
- ⅓ cup grated Parmesan cheese
- 1 teaspoon basil
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 16 curly edge lasagna noodles (about 12 oz.) (you may want to cook a few extra)
- 2 tablespoons salad oil

Sauce: In medium saucepan melt butter or margarine. Add flour and stir until smooth. Slowly add milk and continue to cook, stirring occasionally, until mixture comes to a boil and thickens. Remove from heat; stir in cheese until melted. Pour 2 cups sauce into blender container or food processor; add remaining sauce ingredients. Cover and blend or process until well blended. Pour into remaining sauce in saucepan; stir to combine. Reserve 1 cup of sauce for pasta filling. Set rest aside.

Filling: In large skillet melt butter or margarine. Add onion and sauté until tender. Add beef and cook, stirring occasionally, until browned. Remove from heat and stir in reserved cup of sauce and remaining filling ingredients. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours.)*

To assemble: Grease an 8-inch round baking dish. Place 1 cup sauce in dish; set aside. Cook noodles according to package directions, adding 2 tablespoons oil to the water. Drain and cool. As soon as you can handle, separate noodles and place in single layer on flat surface. Spread ⅓ cup beef mixture on each noodle to within 1 inch at one end. Roll up from the filled end jelly-roll fashion. Lightly press uncovered portion against noodle to adhere. Place rolls upright in prepared baking dish.

Preheat oven to 350°F. Cover, bake 1 hour. Heat remaining sauce and serve. Makes 8 servings, about 660 calories each.

ARANCINI (Rice Balls)
pictured on page 94

Arancini means "orange" in Italian—so named for the shape and size of this unusual entrée.

Sauce
- 1 pound ground beef
- ½ cup chopped onion
- 2 garlic cloves, crushed
- 1 can (28 oz.) Italian plum tomatoes
- 1 can (15 oz.) tomato sauce
- 2 teaspoons sugar
- 1 teaspoon basil
- ½ teaspoon salt
- ½ teaspoon pepper
- ¾ cup frozen peas, uncooked (½ of a 10 oz. package)

Rice Balls
- 2 cups long-grain rice, uncooked
- 1 quart chicken broth
- 3 tablespoons butter or margarine, softened
- 5 eggs, separated
- 1½ cups grated Parmesan cheese
- 1 package (8 oz.) mozzarella cheese, cut into 16 pieces
- 2 cups dried bread crumbs
- 1 cup salad oil

Sauce: In large saucepan brown meat, stirring to break up lumps; discard all but 2 tablespoons drippings. Push meat to one side, add onion and garlic and sauté until tender. Add tomatoes, sauce, sugar, basil, salt and pepper. Cook, uncovered, stirring occasionally. Stir in peas. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours. Reheat in saucepan over medium heat until hot, stirring occasionally.)*

Rice Balls: Meanwhile, in large saucepan combine rice, broth and butter or margarine. Bring to boil, stir to blend. Reduce heat; cover and simmer until liquid is absorbed, *(continued*



One Pound Entertains Eight

continued

about 15 minutes. Set aside to cool. Stir in egg yolks and Parmesan. In small bowl beat egg whites until frothy; set aside.

For each Arancini measure about ⅓ cup mixture into cupped palm of hand. Make an indentation in rice, insert piece of mozzarella cheese. Cover with small amount of rice. Press lightly to hold together and form a ball. Roll in beaten egg whites, then coat with bread crumbs. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours.)*

Preheat oven to 400°F. Heat oil in heavy skillet. Cook 8 rice balls at a time, about 4 to 5 minutes, turning frequently to brown evenly. Place on baking sheet; bake 10 minutes. Serve with Sauce. Makes 8 servings (2 balls plus ½ cup sauce), about 775 calories each.

SALMON LOAVES
pictured on page 94

Frozen puff pastry sheets usually are available in the supermarket freezer.

¼ cup butter or margarine
1 cup chopped onion
1½ cups long-grain rice, cooked according to package directions, then cooled
1 can (15½ oz.) salmon, drained, boned and flaked
¼ cup chopped fresh dill or 1 tablespoon dried dill weed
2 tablespoons lemon juice
½ teaspoon salt
¼ teaspoon pepper
1 package (17 ¼ oz.) frozen puff pastry sheets, thawed according to package directions
4 hard-cooked eggs, sliced
2 egg yolks, beaten with 2 teaspoons water
Sauce
1 cup (½ lb.) butter, melted
¼ cup chopped fresh dill or 1 tablespoon dried dill weed

In large saucepan melt butter or margarine. Add onion and sauté until tender. Stir in rice, salmon, dill, lemon juice, salt and pepper.

Lightly grease 2 cookie sheets; set aside. On sheet of waxed paper, roll one sheet of pastry into a 13x14-inch rectangle. Cut lengthwise into 7 strips. Brush with melted butter. Stack strips, buttered side down, in pairs. Cut each pair crosswise into 4 pieces. Stack 4 pieces, buttered side down, on cookie sheet. Repeat with remaining pastry. Spoon half the salmon mixture down center of each stack. Top with sliced eggs. Fold pastry over filling, pressing edges to seal. Brush with egg yolk mixture. Bake about 30 minutes or until golden brown and puffed. Serve with Sauce. Makes 8 servings, about 1,000 calories each.

Sauce: In small saucepan, melt butter over low heat. Skim foam. Stir in chopped dill and serve immediately. About 100 calories per tablespoon.

Make second loaf with remaining ingredients. Brush both loaves with egg yolk.

Preheat oven to 425°F. Cut flowers or other decorations from pastry strips and scraps and arrange on top of loaves. Brush again with egg yolk. With a skewer or sharp knife, poke small hole in center of each loaf for steam to escape. Brush loaves again with egg yolk. Bake about 25 minutes or until golden brown and puffed. Serve with sauce. Makes 8 servings, about 695 calories each.

Sauce: In small saucepan, melt butter over low heat. Skim foam. Stir in chopped dill and serve immediately. About 100 calories per tablespoon.

AZTEC CASSEROLE

A quick Tex-Mex concoction. You can substitute leftover cooked beef or pork.

9 corn tortillas, cut in half
2 cans (10 oz. each) mild enchilada sauce
1½ cups sour cream, divided
2 cups (8 oz.) grated Cheddar cheese, divided
1 package (10 oz.) frozen whole kernel corn, thawed
1 pound boneless chicken breasts (1½ cups), cooked and shredded
2 cans (4 oz. each) whole green chilies, seeded and chopped

Preheat oven to 350°F. Grease 12x8-inch baking dish. Dip half the tortillas in 1 can enchilada sauce and arrange, overlapping slightly, in bottom of dish. In medium bowl combine other can enchilada sauce, ¾ cup sour cream, 1 cup cheese, corn, chicken and chilies. Spoon into baking dish. Dip remaining tortillas in enchilada sauce and arrange, overlapping slightly, on top of the filling. Pour on remaining enchilada sauce and top with remaining sour cream and cheese. Bake 25 to 30 minutes or until center is heated through. Makes 8 servings, about 415 calories each.

CHICKEN QUENELLES WITH NUTMEG SAUCE

These heavenly dumplings are usually made with fish (pike). We've substituted chicken and simplified the procedure with the use of the food processor.

Quenelles
¼ cup parsley leaves
1 pound boned chicken breasts, [illegible] cut into 1-inch cubes



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[illegible]knife attachment [illegible]parsley using on/[illegible]d set aside. Place chicken cubes in food processor. Process, using on/off turns until smooth and finely chopped. Remove.

In saucepan heat water, butter or margarine, salt, pepper and nutmeg over medium heat until butter melts and water comes to a boil. Remove from heat and add flour all at once. Stir briskly with a wooden spoon until mixture forms a ball and leaves sides of pan. Transfer to food processor. Add 2 whole eggs and process using 3 on/off turns or until eggs are well incorporated. Add 2 egg whites and repeat. Return chicken and parsley to processor bowl; add cream. Process until blended, stopping and scraping down sides of bowl once or twice, if needed.

In large, deep skillet or Dutch oven heat chicken broth to boiling. Lower heat until broth reduces to a simmer. To shape quenelles use 2 oval soup spoons dipped in cold water. With one spoon scoop out a rounded spoonful of the chicken paste. Smooth top of mixture with the inverted bowl of other spoon. For extra smooth quenelles, moisten your fingers with water and pat until smooth. Slide the quenelles into the simmering broth. Continue shaping 11 more quenelles, using half the mixture. Poach for 20 minutes, turning quenelles occasionally. With a slotted spoon, remove to a lightly buttered serving dish. Repeat with remaining quenelle mixture. Remove 2 cups broth for sauce. Cover with waxed paper and keep quenelles warm in a low (200°F.) oven while preparing sauce. *(Quenelles can be made ahead. Cover and freeze up to 1 month. To reheat, place frozen in large skillet with ½ cup chicken broth. Cover and cook over low heat until heated through. Can also be thawed overnight in refrigerator and then reheated as above.)* Makes about 24 quenelles or 8 servings, about 80 calories each without sauce.

Sauce: In medium saucepan melt butter or margarine. Stir in flour and cook until smooth and bubbly. With wire whisk, gradually stir in reserved broth, milk and nutmeg. Cook, stirring occasionally, until thickened. *(Can be made ahead. Cover and freeze. Thaw in refrigerator overnight. Reheat in top of double boiler.)* Serve over quenelles. Makes 3½ cups sauce, about 25 calories per tablespoon.

POLISH SAUSAGE AND POTATO CASSEROLE

A dressed-up version of a childhood favorite—hot dogs and scalloped potatoes.

¼ cup butter or margarine
1 cup chopped onion
3 tablespoons flour
2 cups milk
½ teaspoon salt
¼ teaspoon pepper
1½ tablespoons Dijon mustard
2 cups shredded Swiss cheese
2 pounds potatoes, peeled, cooked and thinly sliced
1 pound kielbasa or Polish sausage, cut in ¼-inch slices
Chopped parsley (optional)

(continued)

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continued

Melt butter or margarine in medium saucepan. Add onion and sauté until tender. With wire whisk blend in flour. Slowly add milk, stirring until mixture comes to a boil and thickens. Add salt, pepper and mustard. Remove from heat and stir in 1½ cups cheese.

In greased 12x8-inch baking dish, arrange alternating slices of half the potatoes and sausage in a single layer. Pour on half the sauce, then layer remaining potatoes and sausage. Pour on remaining sauce; sprinkle with remaining cheese. *(Can be made ahead to this point. Cover with plastic wrap and refrigerate up to 24 hours. Let stand at room temperature 30 minutes before baking.)*

Preheat oven to 350°F. Bake, uncovered, 45 to 60 minutes or until top browns and center is heated through. Sprinkle with chopped parsley if desired. Makes 8 servings, about 525 calories each.

GROUND TURKEY CREOLE

If you haven't discovered ground turkey, do! We think it's a terrific bargain.

Filling
- **¼ cup butter or margarine**
- **2 cups chopped onions**
- **1 green pepper, cut into 1-inch chunks**
- **1 pound raw ground turkey**
- **2 cans (28 oz. each) tomatoes, crushed**
- **1 tablespoon salt**
- **2 teaspoons sugar**
- **1 teaspoon thyme, crushed**
- **¼ teaspoon red pepper**
- **2 bay leaves**
- **1 package (10 oz.) frozen cut okra, slightly thawed**

Topping
- **1 cup all-purpose flour**
- **¾ cup yellow cornmeal**
- **2 teaspoons sugar**
- **1 teaspoon double-acting baking powder**
- **1 teaspoon salt**
- **½ teaspoon baking soda**
- **⅛ teaspoon red pepper**
- **¾ cup buttermilk**
- **¼ cup salad oil**
- **2 eggs**
- **¾ cup chopped red and/or green peppers**

Filling: In Dutch oven melt butter or margarine. Add onions and pepper and sauté until tender. Add turkey and cook, stirring, until browned. Add remaining filling ingredients except okra; cover and simmer about 30 minutes. Remove cover and continue simmering 30 more minutes. *(Can be made ahead to this point. Place filling in bowl, cover with plastic wrap and refrigerate up to 24 hours. Pour into Dutch oven and reheat.)* Add okra and cook, uncovered, about 15 minutes additional.

Topping: Preheat oven to 425°F. In medium bowl combine dry ingredients. Beat buttermilk, oil and eggs together. Add to dry ingredients, stirring just until mixed (batter will be lumpy). Fold in chopped pepper.

Pour hot turkey mixture into 3-quart casserole with 10-inch diameter. Discard bay leaves. Spoon topping in dollops over turkey and smooth with back of spoon until topping covers completely. Bake about 25 minutes or until toothpick inserted in center of topping comes out clean. Makes 8 servings, about 385 calories each. **End**

Mushrooms

continued from page 97

SPINACH-MUSHROOM ROULADE
pictured on page 96

Although this recipe is a bit of a production, it's really not complicated. Serve it as a smashing brunch or luncheon entrée.

Roll
- **¼ cup butter or margarine**
- **½ cup all-purpose flour**
- **2 cups milk**
- **½ teaspoon salt**
- **Pinch nutmeg**
- **1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry**
- **4 eggs, separated**

Swiss Cheese Sauce
- **2 tablespoons butter or margarine**
- **3 tablespoons all-purpose flour**
- **¼ teaspoon salt**
- **Pinch red pepper**
- **⅔ cup half and half cream**
- **⅓ cup white wine**
- **½ cup shredded Swiss cheese**

1¼ cups duxelles (½ recipe below)
4 to 5 mushrooms, thinly sliced

Grease a 15½x10½x1-inch jelly-roll pan. Line bottom with waxed paper and grease again. Sprinkle lightly with flour, tap out excess.

Roll: In medium saucepan melt butter or margarine over medium heat. Stir in flour and cook until smooth and bubbly, about 2 minutes. Gradually stir in milk, salt and nutmeg and cook over medium heat, stirring constantly, until mixture thickens and comes to a boil. Remove from heat; add spinach and egg yolks. Cool to lukewarm.

Preheat oven to 400°F. In small mixer bowl with mixer at high speed beat egg whites until stiff but not dry. Fold into spinach mixture. Spread evenly into prepared pan. Bake 20 minutes or until golden and puffy.

Sauce: Meanwhile, in medium saucepan melt butter or margarine. Add flour, salt and pepper; cook 1 minute. Remove from heat and blend in cream and wine. Cook over medium heat, stirring constantly, until mixture begins to boil; boil 2 minutes. Remove from heat; stir in cheese until melted. Remove 1½ cups sauce. Stir duxelles into remaining sauce for filling; keep warm.

To assemble: Immediately upon removal from oven, invert roll onto clean towel. Spread with warm filling; roll up from 10½-inch side, jelly-roll fashion, pulling off towel as you roll.

Reheat remaining sauce; add sliced mushrooms. Transfer roll to serving plate; top with about ½ cup sauce. Serve remaining sauce separately. Makes eight 1¼-inch slices, about 230 calories each. Add 55 calories per tablespoon additional sauce.

DUXELLES

Duxelles (pronounced duke' sel) was originally created in 17th-century France by the chef of the Marquis D'Uxelles. This versatile mixture of chopped mushrooms sautéed with seasonings can be used in sauces, stuffings, gravies or as a garnish for meats, poultry and vegetables. One of our most organized cook/friends always has it on hand in the freezer.

- **¾ cup butter**
- **2 pounds fresh mushrooms, finely chopped**
- **1 garlic clove, crushed**
- **½ teaspoon salt**
- **Pepper to taste**

Melt butter in large, heavy skillet (not cast iron); add remaining ingredients. Cook over medium-high heat, stirring occasionally, 25 to 30 minutes until moisture evaporates. *(Can be made ahead to this point. Spoon into freezerproof containers. Freeze up to 3 months. Thaw at room temperature up to 3 hours. Reheat in skillet for 5 minutes.)* Makes about 2¼ cups, about 160 calories per ¼ cup.

Use in Spinach-Mushroom Roulade, Poulet Supreme au Poivre Roses or Mushroom Lasagna. Or stir some into your favorite sauce, use as a topping for baked potatoes or as a filling for appetizer pâte à choux puffs (see page 106).

STUFFED MUSHROOMS
pictured on page 96

If you're serving these as a first course, try to find the large mushrooms. The small ones, however, are better for hors d'oeuvres (easier to pop in your mouth).

- **1 pound fresh mushrooms**
- **¼ cup olive or salad oil**

Parmesan Stuffing
- **½ cup grated Parmesan cheese**
- **½ cup fresh bread crumbs**
- **2 tablespoons chopped parsley**
- **2 garlic cloves, mashed**
- **¼ teaspoon salt**
- **Pinch pepper**

Sausage Stuffing
- **½ pound bulk spicy pork sausage**
- **1 garlic clove, crushed**
- **½ cup fresh bread crumbs**

⅓ cup water

Clean mushrooms and remove stems from caps; chop stems. Brush caps with some of the oil and place in a 13x9-inch baking dish. Fill with Parmesan or Sausage Stuffing. Preheat oven to 350°F. Drizzle remaining oil over caps (omit when using Sausage Stuffing). Pour water in bottom of baking dish. Bake 20 minutes. Makes 6 servings, about 180 calories each with Parmesan Stuffing, 210 calories each with Sausage Stuffing.

Parmesan Stuffing: Combine *(continued)*



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Mushrooms

continued

chopped stems, Parmesan, bread crumbs, parsley, garlic, salt and pepper; stir until well mixed. Spoon mixture into oiled caps. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours.)*

Sausage Stuffing: In skillet cook sausage and garlic until sausage is no longer pink; remove from heat. Drain off all but 2 tablespoons drippings. Add bread crumbs and chopped stems. Spoon crumb mixture into oiled mushroom caps. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours.)*

SCALLOP-BACON IN MUSHROOMS
pictured on page 96

Mushrooms, sublimely stuffed.

2 tablespoons white wine
1 garlic clove, crushed
Pinch red pepper
½ pound fresh or frozen (and thawed) scallops
2 slices bacon
1 pound fresh mushrooms
2 tablespoons olive or salad oil
1 tablespoon chopped parsley

In small bowl mix wine, garlic and red pepper; add scallops. (If using sea scallops, cut into quarters.) Let stand 30 minutes. Cut bacon into ¼-inch strips.

Remove stems from mushrooms; reserve for another use. Preheat broiler and line broiler pan with foil. Brush caps with oil; arrange on broiler pan. Place a scallop in each cap; top with some bacon. Broil 5 to 7 minutes. Sprinkle with parsley and serve immediately. Makes 6 servings, about 115 calories each.

MUSHROOM SALAD
pictured on page 97

Don't prepare dressing more than 24 hours in advance; shallots get too strong.

Dressing
1 tablespoon Dijon mustard
½ cup olive oil
1½ tablespoons tarragon or white wine vinegar
1 tablespoon chopped shallots
¼ teaspoon salt
⅛ teaspoon sugar
Pinch black pepper
1 pound fresh mushrooms, sliced
1 bunch watercress
2 tomatoes, cut in wedges

In small jar with tight-fitting lid, combine dressing ingredients. Cover and shake well. *(Can be stored at room temperature up to 24 hours.)*

To serve: Pour dressing over mushrooms and toss. Arrange watercress on serving plate. Pile mushrooms in center. Garnish with tomato wedges. Makes 6 servings, about 210 calories each.

MUSHROOM LASAGNA
pictured on page 97

It's hard to believe there's only ½ pound of meat in this sensational lasagna recipe.

Tomato Sauce
2 tablespoons olive or salad oil
1 small onion, finely chopped
¼ cup chopped celery
¼ cup chopped carrot
1 garlic clove, mashed
½ pound ground beef
½ cup white wine
1 can (28 oz.) Italian plum tomatoes
¾ teaspoon salt
Pinch black pepper
Cream Sauce
5 tablespoons butter or margarine
½ cup all-purpose flour
¼ teaspoon salt
Pinch red pepper
⅛ teaspoon nutmeg
4 cups milk
1 cup freshly grated Parmesan cheese
1 pound fresh or dried spinach lasagna noodles
1¼ cups duxelles (½ recipe on page 112)

Tomato Sauce: In large saucepan heat oil over medium heat. Add onion, celery, carrot and garlic and sauté about 5 minutes until onion is tender. Add ground beef and cook until browned, stirring occasionally. Stir in wine and heat to boiling; cook until wine has evaporated. Add tomatoes, salt and pepper; simmer uncovered for 2 hours, stirring occasionally.

Cream Sauce: In 2½-quart saucepan melt butter or margarine. Add flour, salt, red pepper and nutmeg and cook over medium heat 1 minute until flour is smooth and bubbly. With wire whisk gradually stir in milk. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil 2 minutes. Remove from heat; stir in Parmesan until smooth. Remove 1½ cups cream sauce and reserve for top of lasagna.

In large saucepot cook noodles according to package directions; drain. (If using fresh noodles, plunge into boiling water. Return to boil and drain immediately.) Preheat oven to 350°F. Spoon ¼ cup tomato sauce over bottom of an 12x8-inch baking dish. Make a layer of noodles, overlapping slightly.

Combine remaining tomato sauce, duxelles and remaining cream sauce. Spoon ¼ of mixture over noodles. Repeat noodles and sauce 3 more times. Top with layer of noodles and reserved cream sauce. *(Can be made ahead up to this point. Cover and refrigerate up to 48 hours. Remove from refrigerator and let stand at room temperature 30 minutes.)* Bake 30 minutes. Let stand 5 to 10 minutes before cutting into squares. Makes 6 to 8 servings; 865 calories per 6, 650 calories per 8.

(continued)

GROW YOUR OWN MUSHROOMS





What a treat! Fresh mushrooms grown in your own home. We'd seen mushroom kits advertised and we'd always wondered how they worked, so in connection with this month's food feature, we ordered one and tried it. Here's our report:

The box arrived complete with mushroom spawn (or seed), soil, watering bottle and easy-to-follow instructions. All we had to furnish was a cool spot away from direct light, and to remember to water our new mushroom garden every three days. (Room temperatures of 60°–65° F. are ideal, never above 70°.) After 10 days, the first, white, fuzzy signs of life. The pace quickens. Fuzzy growth begins to take actual mushroom shape within another 10 days, and three days later, our first harvest. Popped into the frying pan and quickly sautéed, they were delicious, with a delicate nutty flavor far superior to any we'd bought recently. We made three more harvests at 10-day intervals, picking 10 to 15 good-sized mushrooms each time. Kit directions indicate that one or two more harvests are possible, depending on environment. All in all, a fascinating experience. Several mail order houses offer mushroom kits; ours, called the "Mushroom Farm," came from Park Seed Co., 387 Cokesbury Rd., Greenwood, S.C. 29647. It costs $12.95, plus 85 cents for handling.

—Virginie F. and George A. Elbert

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Mushrooms

continued

GRILLED MUSHROOM SANDWICHES

That's right—mushroom sandwiches. Great for lunch—and, when cut with canapé cutters, terrific hors d'oeuvres.

1 tablespoon butter or margarine
1 small onion, finely chopped
1 small garlic clove, mashed
1 pound fresh mushrooms, finely chopped
6 ounces cream cheese, softened
½ teaspoon salt
½ teaspoon Worcestershire sauce
Dash pepper
12 slices white or rye bread
Butter or margarine for grilling

In medium saucepan melt butter. Add onion and garlic and sauté until onion is tender. Add mushrooms and cook 3 minutes. Remove from heat. Add cream cheese, salt, Worcestershire and pepper and mix until smooth.

Cool to room temperature. *(Can be made ahead to this point. Store in covered container in refrigerator up to 1 week. Or freeze up to 1 month. Thaw at room temperature up to 2 hours.)* Spread ¼ cup mushroom filling on bread; top with second piece of bread. Spread butter or margarine on both sides of sandwich and grill until golden on griddle or in skillet. Makes 6 sandwiches, about 305 calories each.

MUSHROOMS IN SOUR CREAM

Serve as a side dish for dinner; on toast or English muffin for brunch or lunch.

3 tablespoons butter or margarine
½ cup finely chopped onion
1 pound fresh mushrooms, sliced
1 cup sour cream
¼ teaspoon salt
Pinch pepper
1 tablespoon chopped parsley, for garnish

In large skillet melt butter or margarine. Add onion; sauté until tender. Add mushrooms and sauté about 4 minutes, stirring frequently.

Remove from heat. Stir in sour cream and season with salt and pepper. Garnish with chopped parsley. Makes 4 to 6 servings, 235 calories per 4, 160 calories per 6.

POULET SUPREME AU POIVRE ROSES (Chicken Breasts Duxelles with Pink Peppercorns)

An elegant entrée. Green Peppercorns may be substituted for the pink; but if neither are available, eliminate them rather than using black or white.

2 whole chicken breasts, boned, skinned and halved (about 1 lb.)
Salt and pepper
½ cup Duxelles (see page 112)
2 tablespoons butter or margarine
1 tablespoon pink or green peppercorns
1 tablespoon tarragon or white wine vinegar
½ cup heavy cream

Place chicken breasts on waxed paper and pound firmly but not roughly with a mallet, bottom of a saucepan or a rolling pin to a ¼-inch thickness. Sprinkle each with salt and pepper. Place 2 tablespoons duxelles lengthwise down center of each breast. Fold chicken breast up envelope style and secure with toothpicks.

Preheat oven to 325°F. Melt 2 tablespoons butter or margarine in a flameproof casserole dish. Add chicken and brown on all sides. Remove dish from heat; add peppercorns, vinegar and cream. Baste chicken and bake uncovered for 30 minutes, basting occasionally. Makes 4 servings, about 330 calories per serving. (This recipe doubles easily for a party entrée.)

FRESH MUSHROOM SOUP

Dry vermouth seasons this soup.

1 pound mushrooms
6 tablespoons butter or margarine
2 cups finely chopped onions
½ teaspoon sugar
¼ cup flour
1¼ cups water
2 cups chicken broth
½ cup dry vermouth
1 teaspoon salt (or to taste)
¼ teaspoon pepper (or to taste)

Slice ⅓ of the mushrooms and finely chop the rest. In large saucepot melt butter or margarine. Add onions and sugar; sauté over medium heat, stirring frequently, about 15 minutes or until golden. Add sliced and chopped mushrooms and sauté 5 minutes. Stir in flour until smooth; cook 2 minutes, stirring constantly. Pour in water and stir until smooth. Add remaining ingredients and heat to boiling, stirring constantly. Reduce heat and simmer uncovered 10 minutes. *(Can be prepared in advance to this point. Cover, refrigerate. To reheat, heat to boiling, cover, simmer 10 minutes.)* Makes about 6 cups, about 210 calories per cup.

MUSHROOM TIPS

Long regarded as an exotic food, fresh mushrooms have only recently become widely available throughout the country. In fact, Americans now consume three times as many fresh mushrooms as they did in 1970—2.7 pounds per person a year. • Cultivated mushrooms are grown here in the darkness of caves or windowless houses; chief growing state—Pennsylvania. • What's in a mushroom? One and one-quarter cups, only 29 calories! • How to select: White mushrooms, the most common on American tables, were first cultivated in France in the early 1700s. Easterners seem to prefer the whitest ones, while the browner or creamier shades are favored in the West. The freshest are firm and smooth, with no space between the stem and cap. Some are no bigger than a button, others go to several inches wide (good for stuffing). Size has nothing to do with quality—pick the size most suitable for your recipe. Note: Wild mushrooms are tricky; even experts have trouble spotting the poisonous ones. • To store: Refrigerate, loosely wrapped, in a paper bag or cardboard container. Cover with a damp towel to keep fresher. Airtight storing (i.e. plastic) will cause mushrooms to rot. As they get older, mushrooms do darken, but a sprinkling of lemon juice will help keep them whiter. • To use: Never soak mushrooms. Wipe them clean with a damp cloth or run briefly under cold water just before using. Pat dry. Do not peel—the almost invisible skin contains important nutrients. Use the stem, too, but slice away the end if it's dry. • To sauté: Choose a pan large enough to accommodate one layer of mushrooms. Mushrooms go through three stages: First, they soak up any butter or oil in the pan. Then, carefully moved around over medium-high heat, they release some liquid (allow to evaporate). Finally, they emit some of the fat and begin to brown. • To prepare: If your recipe calls for chopped mushrooms, the food processor is a great help. Be certain both processor bowl and the mushrooms themselves are perfectly dry. If you chop by hand, use a stainless steel knife. To slice: It's best done with your very sharpest straight edge knife. **End**



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1 to 1½ pounds sole fillets
1 cup dry white wine
3 ounces baby shrimp
4 tablespoons butter
2 tablespoons all-purpose flour
½ cup half & half
¼ teaspoon salt
Dash pepper
⅓ cup Blue Diamond® Blanched Slivered Almonds, toasted

Poach fillets in wine in 350°F. oven until fish flakes easily with fork, but is still moist, 15 to 20 minutes. *Do not overcook.* Reserve ¼ cup shrimp; mash remaining with 2 tablespoons butter; set aside. In small saucepan, heat 2 remaining tablespoons butter. Add flour; cook 2 to 3 minutes. Gradually stir in half & half. Cook and stir over medium heat until sauce begins to thicken. Stir in ½ cup of fish cooking liquid; continue cooking, and stirring until sauce boils. Reduce heat, add shrimp butter, salt and pepper; stir until butter melts. Stir in ¼ cup of the almonds. Arrange fillets on serving platter. Pour sauce over; garnish with remaining shrimp and almonds. Makes 4 servings.

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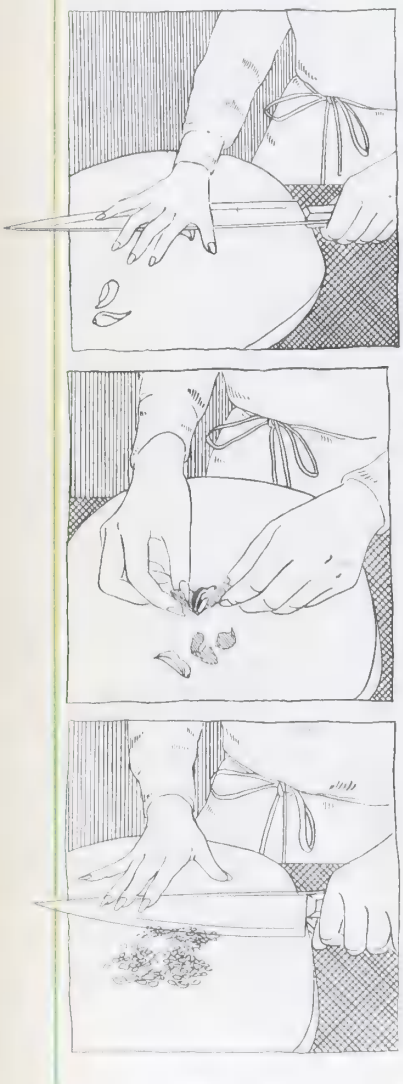
FOOD JOURNAL



STAR QUICKIE

Mexicali Eggs

Beat 8 eggs with ½ tsp. salt and dash of pepper. Scramble with ½ cup chopped onion and ¼ cup chopped canned green chilies in 2 Tbs. butter or margarine. Sprinkle on ½ cup shredded Cheddar cheese. Spoon eggs into 4 heated flour tortillas; roll up and top with heated bottled taco sauce. Serves 4.



KITCHEN TIP

How to Chop Garlic

1.

Easy and quick way to chop garlic perfectly—crack skin open by smacking one whole clove gently with the flat side of a heavy knife.

2.

Slip clove out (covering skin readily falls away), trim off root end.

3.

Sprinkle on the amount of salt required for recipe (helps absorb garlic juices and makes it easier to handle). Mince.

DIET DESSERT

Divine Ambrosia • Combine ½ cup plain yogurt and 1 tsp. granulated sugar in a medium bowl. Add 2 oranges, sectioned and cut into bite-size pieces, 2 sliced bananas, 2 cored and chopped apples. Spoon into a shallow, ovenproof dish. Sprinkle with 1 Tb. brown sugar. Broil about 4 inches from heat for about two minutes. Serves 4, about 135 calories each.



EQUIPMENT ROUND-UP: DE-GREASERS

Getting the grease out—of soups, stews, pan drippings, gravies—has always been easier said than done. Here, some gadgets that do the trick as well as anything we know. Clockwise, from upper left: • Gravy-Strain has a dripless spout that makes degreasing a snap. Pour in sauce stock or gravy; fat rises to top; pour out fat-free liquid (see corner illustration). From East Hampton Industries, $7. • Magic Mop is made of a fiber that attracts grease like a magnet, but repels water. Skim soups, stews. By Pro Diet Mop, $4. • Measuring cup, heat resistant, quickly separates fats, oils. Pour in liquid, fat floats to top. Drain pure liquid through opening at bottom. From New Colony Systems, $6. • Bulb baster, familiar but reliable, is an effective degreaser. In aluminum, it's durable, easy to clean; also in glass, nylon. Under $2. Shopping information, page 138.

Border by Kathy Krantz. Photograph by Dennis DiChiaro. Illustrations by Yook Louie

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For variation: Substitute milk for half the water and add ¼ teaspoon of prepared mustard per serving; or double the cheese and add ¼ teaspoon of prepared mustard per serving.

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A beautiful, well-groomed dog is a healthy pet, too. Here is our expert's do-it-yourself beauty guide.

By Roger Caras

Beauty Treatments for Your Dog



The sight of a well-groomed dog with a clean, lustrous coat and sparkling eyes gives any animal-lover pleasure and tells the world that its owner cares. But good grooming isn't just important for aesthetic reasons; it's important to your animal's health and well-being. And since your pet can't perform the necessary beauty rituals himself, it's up to you to lend a hand.

A well-groomed pet has clipped nails, clean ears and bright, clear eyes. Its coat is crisp and shiny, and the skin beneath is supple rather than dry and scaly. Certain types of dogs require more care and grooming than others, so before choosing your pet decide how much time you're willing and able to devote to beauty maintenance.

The easy-care short hairs. Short-haired dogs are probably the best choice for owners who hate to fuss and prefer not to hire a professional groomer. Many types of dogs have coats that require virtually no brushing or special grooming—among them Doberman Pinschers, Bulldogs, Pugs, Dalmatians and Boston Terriers.

A good, well-balanced diet is enough to make your short-haired dog's coat glow. A vigorous rubbing with a rough facecloth sprayed with a coat dressing will add even more luster. The central heating in your home can dry out your dog's coat and skin, so it's a good idea to add a few drops of oil conditioner to its food each day.

The lush-coated long hairs. Dogs with long or thick, lush coats require continuous attention. Cocker Spaniels, Springers and Setters, for example, all have well-feathered legs and ears that should be brushed out on a daily basis. Burrs, twigs and other types of debris lodged in the fur can cause serious matting, which will be not only uncomfortable for your pet, but look unsightly, too. Once too many tangles accumulate, you may have to strip your dog's coat entirely. Then your unfortunate pet has to start growing a new coat all over again.

The heavily coated breeds such as Collies, Shetland Sheepdogs and Old English Sheepdogs need very careful and regular brushing, but they require bathing only in extreme circumstances, because too much water damages their coats. You can, however, brush them with a dry shampoo to keep the fur in prime condition.

Dogs bred for the show ring need even more sophisticated grooming. For show dogs like poodles and Pekingese or wire hairs such as terriers and Schnauzers, the coat is their crowning glory. As the owner of a show dog, you must be willing to pay particular attention to styling and clipping.

Your dog's home-based beauty parlor. Many owners derive a great deal of pleasure from grooming their dogs themselves. Others prefer to send their pets to professionals at least once every four to six weeks, at $20 to $40 a visit.

You can set up a beauty parlor at home to groom your pet. Ask an experienced dog owner or professional to train you to do the job correctly and help choose the right tools. Electric clippers (particularly if you own a poodle), hand clippers and good quality scissors, steel combs and metal rakes may be needed, as well as an assortment of brushes. It's also a good idea to have a sturdy grooming table—with collapsible legs for easy storage—that has a non-slip surface. A variety of tools are available from pet supply catalogs.

Covering the fine points. Along with basic coat care, don't forget the details of good grooming:

- Nails should be clipped with care regularly, because your dog will be uncomfortable with long nails. Be careful not to clip them back so far that you cut a nerve or blood vessel. Ask your veterinarian or professional groomer to show you how to do it properly.
- Ears should be cleaned at least once a week using a soapy cotton swab. Because the canal in a dog's ear bends and you can't hit the drum, you don't have to be as careful as you would cleaning a person's ear. Again, ask a pro to show you.
- Leave the care of your pet's teeth to a specialist. Your veterinarian should remove the excess tartar, which may require tranquilizing your pet first.

In most cases, keeping your dog well-groomed is neither difficult nor time consuming. The payoff is not only a more attractive pet but a healthier one you can feel proud of. **End**

Illustration by Bob Jones

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Gaines



RITE OF PASSAGE

continued

generation. The next generation, unfortunately, refuses to cooperate.

Gideon winces as the sour notes float lopsidedly down to us. "B flat! God, why can't she remember that?"

"She tries," I tell him in Jenny's defense. "She's going through a rough time right now."

Mary Myerson, my cello partner in our chamber group, has said, "They ought to make adolescence illegal." We are all in sympathy with Mary, whose son had shown really great potential as a cellist, up until his 14th birthday. Overnight, she swears to us, he metamorphosed into a creature barely recognizable. He is into something called "space music," which he plays on his stereo morning, noon and night. His cello stands untouched in a corner of his room, gathering cobwebs. She would like to go in and rescue it, or at least dust it once in awhile, but how can she when a sign on his door reads, "Abandon hope, all ye who enter here"?

"Just you wait," she has said to us. "Just wait until it hits Jenny. . ."

The music stops. We sit in silence, ashamed to admit that we are grateful. In another moment she appears at the doorway, hands on hips. "How was that? Don't all speak at once. It was terrible, *horrible*! I don't understand why you won't let me quit taking violin lessons!"

"It's a marvelous discipline," I tell her by rote. "Someday it will stand you in good stead."

"You have the basic ability," Gideon persists gently. "All you have to do is apply yourself."

She shakes her head. Her long, straight hair dangles in limp strands. She has been experimenting with conditioner, something Felice recommended, naturally, and she has conditioned her hair half to death. "Face it," she tells us. "You've missed your chance for a violin prodigy in me." She whirls and dashes upstairs, where the click of the telephone dial tells us it's time for the nightly ritual call to Felice, of the vinegar-soaked carrots and the flawless complexion.

"Prodigy?" Gideon repeats wonderingly. "Whoever said *that*?"

"We have to try not to expect too much of her," I tell him.

"Is it too much to ask that she remember a lousy B flat now and then?"

"Maybe," I say, taking his hand. "Maybe it is." We mull that one over for a long time.

Friday afternoon Gideon calls to say that he has invited one of his students to our chamber group that night. When he discovers a rare flash of true talent in a student, he will go out of his way to fan it into flame. Some of us, after all, have come very close to realizing the dream. Aside from Gideon, who has a reputation for being one of the finest string teachers in the area, there is Kurt Mills who was soloist with the Chicago Symphony. Mary Myerson, in her teens, was hailed as a female Pablo Casals.

But when Jenny answers the door that night, she seems surprised. And not without reason. The boy standing there holding a battered violin case is about 17 and very good-looking. Jenny, in her quilted housecoat and fuzzy pink slippers, is clearly chagrined. "Come in, please," she says after an awkward silence. She takes his coat. I do not miss the careful treatment she affords it as she hangs it up, next to her own, in the closet.

Gideon makes the introductions: "Everyone, this is Mark Anderson, a very promising pupil indeed. He's been accepted at Eastman on full scholarship for next year. . . ." An appreciative chorus of ooh's and aah's. "Mark will play second violin tonight. Mark, this is my wife, Kay, on cello; next to her, Mary Myerson. Kurt Mills and Charlie Hanson on violin, and over here with myself on viola, Arthur Hendriks." Gideon pauses then: "And, yes, this is my daughter, Jennifer, who, if she practiced more energetically, would be playing with us this evening."

It is a gentle barb, and a small ruffle of laughter fills the room. But Mark is not among the laughers. Instead, he throws Jenny a sympathetic little smile, as if to say, "Not me, I'm not one of them."

Her cheeks are pinkly glowing. "Hi," she says, and abruptly leaves the room.

She returns several minutes later wearing jeans and her favorite sweater—the one she thinks accentuates her budding bosom to its fullest advantage. But by this time everyone, including Mark, is involved with an intricate Veracini, and I am the only one who notices.

On the days that follow, a strange thing happens: Jenny practices her violin.

Monday morning we are awakened by Vivaldi. Gideon says in astonishment: "Did you hear that? She remembered! She played B flat!"

At ten past seven I cannot match his enthusiasm. Besides, I suspect that the motivation behind this sudden dedication has little to do with the music itself.

At breakfast, she tells us, "I'm sorry if my playing woke you." She does not sound sorry. She seems happier than I've seen her in weeks. She practices every day after school, and again after dinner. The routine two-hour phone chat with Felice is shortened to forty minutes, tops. This scenario replays itself, with minor variations, for the entire week.

Gideon is jubilant. He walks about muttering, "It's a miracle! A miracle!"

I am not so sure.

"Just listen to her!" he says proudly, Friday morning. Jenny is in her room, practicing before leaving for school. "She's improved one hundred percent in only one week! Her intonation, her vibrato—"

When you're in love, I think, your vibrato always improves.

"You know what?" he says joyfully. "I think we'll reward her by allowing her to sit in tonight. What do you think?"

With a little sigh, I say, "I don't know. I think there may be more to all of this than we think. . . ."

"What do you mean?"

Forced into a corner, I blurt it out: "I think she's in love."

He stares at me as though I've lost my senses. "In love? *Our Jenny?*" There is a pause. "Who with? Some kid in her class?"

Don't I wish, I say half to myself. "No, it's that student of yours. I think she has a crush on him. She's out to impress him with her virtuosity."

A grin spreads slowly across his still boyishly handsome face. "*Mark?* Well, if that's what it takes to get her to practice, I'll ask the boy to move in!"

I glare at him. "Gideon, this isn't funny. To her, it's very serious. I don't want her to get hurt."

He gets up and plants a placating kiss against my forehead. "You're exaggerating," he says. "She's still a little girl."

She's 12, I want to shout at him, *and on the precipice. . . .*

Before I can say another word, he is climbing the stairs, two at a time, to tell Jenny what she's been waiting a whole week to hear.

She is ready a full hour before our guests arrive. She's wearing her new designer jeans and her "No Nukes" T-shirt. She has been experimenting with a new hairstyle: two braids dangle at odd angles on either side of her head. I know the look she is trying to achieve—a sort of studied carelessness that is meant to look little-girlish and sexy at the same time. On models in magazines this seems to work; Jenny looks as though she's combed her hair with her eyes closed.

Arthur Hendriks, Gideon's viola partner, is first to arrive. Arthur is 51 and rotund, a man with twinkly blue eyes. "Hey, will you look at Little Miss Heart-Breaker!" he says to Jenny. "All dolled up! But, tell me, pussycat, what's with the hair?" He flicks one of the braids.

Jenny blushes a painful crimson. "Arthur," I say, rushing to her rescue, "do you know that Jenny will be joining us tonight? In the Vivaldi A Minor?"

Arthur looks pleasantly surprised. "That so? Well—good, good!"

Mark is one of the last to *(continued)*



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RITE OF PASSAGE

continued

arrive. Jenny, innocent of the subtleties of game-playing, rushes to greet him. "Hi," she fairly shouts. Yearning, undiluted as sunlight, lights her face for the world to see.

"Hey, Jenny," Mark says. He showers her with a grin that threatens to melt even my heart. I can imagine what it does to hers. "Super jeans," he tells her appreciatively. She performs a spontaneous little pirouette on the spot. I am torn between the impulse to kiss him or kill him; a little bit of both, I think.

"Guess what? My Dad's letting me sit in on the Vivaldi tonight," she tells him as they walk slowly into the music room.

"That's great!" I hear him say. But I stay behind awhile longer. I cannot yet join them. The feeling I have carried around all week has finally crystallized into recollection. I am remembering Earl Webber. He is as vivid in my mind, as magically real, as he was back then, when I was only slightly older than Jenny is now. I take a deep breath, for there is no doubt: Mark is Jenny's Earl, and there is nothing I can do to alter that fact. . . .

Earl Webber is 19 and I am 13 when my brother, Bill, brings him home from college for Christmas vacation. When Bill introduces us (". . . and this is my kid sister, Kay—the brain of the family"), Earl neither yawns nor belches the way the boys in my class do when they are introduced to members of the opposite sex. This Earl smiles warmly and shakes my hand. He's wearing a gray crew neck sweater and immaculate white bucks. His brush cut is smooth and flat. He is by far the coolest hunk I've ever seen, and I can barely bring myself to look at him.

"I'm glad to meet you, Kay," Earl says. "Bill tells me you play the cello. I hope you'll let me hear you some time."

As it turns out, I get to see very little of Earl that vacation. Bill has arranged a round of activities for him with neighborhood friends—parties and get-togethers from which they sometimes don't return until very late.

The day before they go back to school, however, we play for him. My mother, a piano teacher, has insisted that music be a part of our lives. "It's a marvelous discipline," she has told us ever since we were little. "It will stand you in good stead always." My father, who played bassoon in college, has reluctantly stuck with it for Mother's sake. Bill plays oboe. I, of course, am on cello. We perform a showy little Mozart piece that sounds more complicated than it really is. Earl is clearly moved. "Gee, that was—fabulous!" he says, shaking our hands, one by one, as though we were the Budapest Quartet. We, in turn, are moved by his response. Then and there I make a silent vow to become the world's greatest cellist, if for no other reason than to impress Earl Webber.

I don't get to see him after that until the following spring, when Bill brings him home for spring vacation. He is handsomer than ever, but slightly subdued. One morning I overhear Bill tell our father: ". . . so she returned his pin. Really knocked him for a loop." My father tells Bill to tell Earl that there are hundreds more fish in the sea, and not to waste his time crying about the one that got away. (You can tell that my father's main hobby is fishing.)

It seems obvious to me that Bill's efforts to cheer up Earl are unsuccessful. He accompanies Bill to the roller rink and elsewhere more out of politeness than conviction. His heart is not in it.

One morning, Bill is gung-ho for bowling, but Earl is clearly not in the mood.

"You sure?" Bill says. "At this hour the alley is usually crawling with women."

"Hey, why don't you just go on without me," Earl suggests, apologetically. "I mean it, man. I hate to be a party-pooper, but—"

To my astonishment, Bill does not insist. Instead, he shrugs and waves a cheery good-bye.

For awhile, Earl shuffles disconsolately about the house, stopping to look at my mother's paperweight collection in the living room. I am seated at the dining room table, pretending to be absorbed in a book. When he ambles, a few minutes later, into the dining room, I make believe I don't even know he's there.

"Hi."

"Oh. Hi."

"What's that you're reading?"

I take a little breath and look up. "Oh, nothing. Just a book."

He nods. "Bill told me you read a lot. You do seem very mature for your age."

And why not, I want to say. Fourteen is not exactly an infant. Actually, I'm not 14 yet; my birthday is only days away. But I resist telling him this. Somehow, it doesn't seem like the mature thing to do.

"Hey, I have an idea," Earl says suddenly. "You know, I really haven't had a good look at your town. You could show me the sights. We could maybe take in a movie . . . what do you say?"

What do I say? What does anyone say when one's wildest dream comes true? "I'll have to ask my mother," is what I say, as, face burning, I stumble into the kitchen biting my tongue.

Another incredible thing happens: My mother, without even asking her usual zillion questions, tells me I may go. "Be back by four-thirty," she calls after us. "We're having an early dinner."

It is a day to remember. Eagerly, I point out to Earl our town's main attractions: the museum, the village green. Next, I lead him to the luncheonette where I am sure to meet most of my friends. I spot a couple of older girls who know me only from pushing ahead of me in the cafeteria line. They stop at our table and say, "Hello, Kay, how's it going?" Their tongues are hanging out, but I am mean enough not to introduce them to Earl. I can't understand why none of my friends seem to be here this afternoon.

After lunch, Earl takes me to see *Gentlemen Prefer Blondes* with Marilyn Monroe and Jane Russell. There, in living Technicolor, are the twin personifications of every man's ideal: beautiful, talented, *stacked*. Slouching down in my seat, I curse yet again the snail-like progress of my own maturation; the nylon stockings with which I have stuffed my bra have twisted and tangled like a fifteen-denier serpent, and are itching me like crazy.

On the way home, Earl keeps looking at his watch. I have to hurry to keep up with him. As soon as we step through the front door, I know why none of my friends were at the luncheonette this afternoon: They are all here, in my house, jumping up and down, yelling, "Surprise! Happy Birthday!"

Even the dopey boys are here in their Indian madras shirts, their d.a. hairdo's reeking of hair cream.

My mother comes toward me. I see her as through a misty *(continued)*

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blur, wearing a silly-looking smile. "Are you surprised, dear? You can thank your brother. He and Earl are responsible," she whispers. "They thought you were spending too much of your time alone. I guess they were right. . . .

My brother and Earl? I look up in time to see them shaking hands. Bill slaps Earl on the back. "It worked!" he grins.

"It was a cinch," says Earl. "She never suspected a thing."

They say, afterward, that I seemed to be having a good time. Pictures show me cutting birthday cake, opening presents, dancing, all with a big smile on my face. But I am not smiling on the inside. Inside, I think I will never smile again.

The next day I sleep late, pretending to be pooped out from all the wonderful fun I had at my surprise party. Deliberately, I miss saying good-bye to the boys as they return to school.

For weeks, I can't pick up a cello bow without bursting into tears. It takes a long, long time before I can say his name out loud to myself. *Earl Webber. Earl Webber is a crud.* I have passed through fire and emerged with a tiny scar.

Jenny acquits herself well, that first Friday night, missing only a couple of chords. Gideon tells her she may continue to play along with us on a regular basis, provided she works hard.

Our days take on a softly mellow tone. The harsh mood swings; the constant bids for reassurance, the cloud of tension that existed only a short while ago, seem to have dissipated. Felice, evidently tired of playing second fiddle to Jenny's violin, has found a new best friend.

Jenny doesn't seem to mind. Her world begins and ends with Friday nights. Emptying her wastebasket I discover little scraps of paper with phrases like, "Mark and Jennifer, Forever," and "Mr. and Mrs. Mark Anderson" scrawled on them; the "i" in Jennifer is dotted with a tiny heart.

Indeed, they have become friends. By the fourth Friday, they laugh and talk easily with one another.

Before he leaves that night, Mark mentions that he has an extra ticket to a chamber music concert at the "Y." Would Jenny like to go with him? She has the good sense to put off giving him an answer until tomorrow.

The concert is on a school night. She knows how we feel about her getting to bed late on school nights. But for half a day on Saturday she reminds us, eyes brimming, that she is no longer a baby. "Puh-leese!" she begs. "It's not even a rock concert—I thought you wanted me to care about classical music!"

If that was all you cared about, I think, there would be no problem. But it wouldn't matter who was onstage, it could be three elephants and a baboon performing "Jingle Bells" and she would want to go as badly.

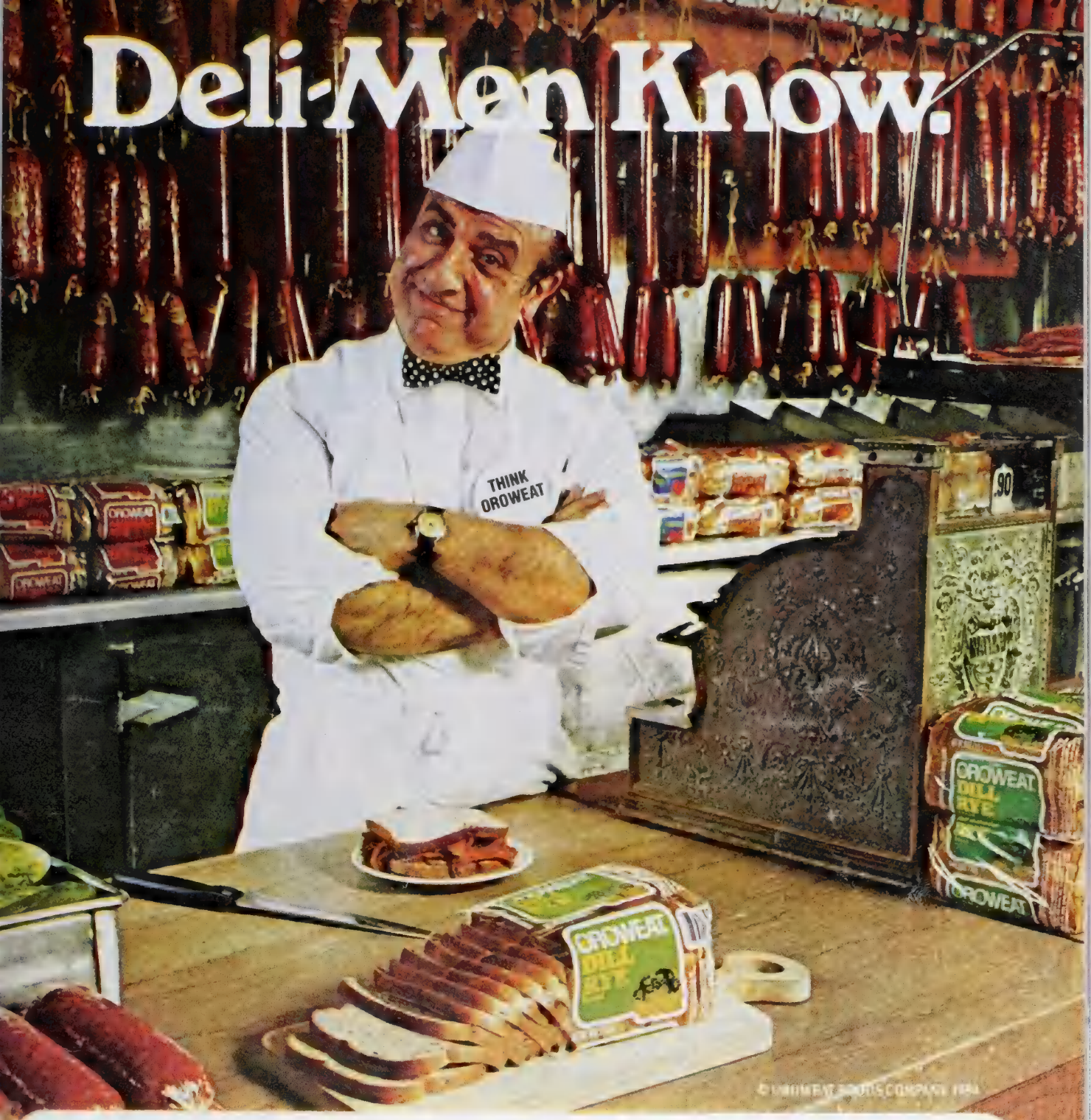
I confer with Gideon. He's for her going. "I don't know why you're making such a big deal of it," he whispers. "Mark knows she appreciates good music. He asked her to the concert as one musician to another, believe me, that's all."

Oh, God, I think, *if that's all, then poor Jenny.*

But she is waiting for my decision, her face open and vulnerable before me. It is a sweet face, innocent and full of hope, but, I must admit, not quite a child's face any longer. "All right," I hear myself say. "All right, you may go."

Her gratitude is immediate. "Oh, Mother, you won't be sorry! I love, love, love you!" She flings her arms around my neck in a breathtaking hug.

Next week or next month, when she topples, as we all must, off the precipice, I will be there when she needs me to cushion the fall. It is all I—any mother—can do. But now, while her arms are around me and the opportunity is mine, I stand holding her for as long as I can. "Jenny, darling," I tell her with a little smile, "I love, love, love you, too!" **End**



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ADVENTURES IN FOOD

Vinegar

***Vinaigre*, the French word for vinegar, means sour wine, and this is what wine vinegar is, being produced by an acid fermentation of fresh wine. By the same process, malt vinegar is made from malt liquor, cider vinegar from cider, and Chinese and Japanese sweet-sour vinegars from fermented *sake*—rice wine.**

"The grateful acid," as vinegar was called by a 17th-century writer, has certainly had its share of abuses. In Elizabethan days salads were served swimming in malt vinegar—a condiment much loved by the British—without benefit of either salt or oil. But things have improved since then.

Although vinegary pickles still go well with rich foods such as a cold pork, the biting character of vinegar has been tempered—first by the increased use of wine vinegar, which is an altogether milder affair than malt vinegar, partly by reducing the quantity of vinegar used in such things as salad dressings and increasing the proportion of oil, and partly—which is rather a pity—by the increased use of sugar. (If you want to avoid using sugar as a seasoning for salad dressing, use sherry vinegar as a base for the dressing or mix red or white wine vinegar half and half with wine of the same color.)

Apart from its role in salad dressings, vinegar can be used instead of lemon juice in mayonnaise, hollandaise and béarnaise, and is essential in mint and horseradish sauces. It is used in marinades for meat and game, and a little vinegar can improve the flavor of stews—a dash of vinegar certainly works wonders with a dull sauce or gravy.

A little vinegar in the water when steaming food stops the pan from discoloring, but vinegar is corrosive, so when cooking food that includes vinegar use pots of stainless steel, glass or earthenware, or enameled ones.

Good vinegars are worth their price. Cheap vinegars are usually inferior, frequently synthetic and nearly always nasty.

Wine vinegar

The best wine vinegar is made by a slow, gentle process that allows it to mature quite naturally. Look for the French wine vinegar that comes from Orléans, still probably the best and purest. Wine vinegar can be red or white and is sometimes very powerful, but it has a delicious flavor. If it is stronger than you like, dilute it with wine of the same color for salad dressing.

If you are offered a "vinegar mother," accept her with alacrity. She is a fungus that lives in wine and will turn all your leftover wine into excellent vinegar. Keep her in a warm place in an earthenware jar with a loose-fitting lid, so that air can get in, and give her wine as often as you have it to spare. If she is not very active, feed her a large dose of cheap wine and a pinch of sugar.

When the wine vinegar smells strongly acetic, decant it carefully into a bottle and let it stand for a month to mature and mellow before using it. Red wine seems to produce the best-flavored vinegar, but white is more useful in mayonnaise and even in most vinaigrettes, as the red turns them a curious pink color.

Cider vinegar

If we are to believe all we read about it, cider vinegar is a cure for almost all ills. As a seasoning, it has a strong, distinctive taste of cider. Use when making pickles and fruit chutneys, especially those with apples in them, and for a refreshing vinaigrette to use with fresh tomatoes.

Distilled vinegar

Being colorless, this is often labeled white vinegar and is the vinegar to use for pickling silver onions and for any pickling when color is important.

Sherry vinegar

A delicious vinegar made from sweet sherry, sherry vinegar used half and half with lemon juice in a vinaigrette tastes very nutty, almost like walnut oil. French chefs sometimes use sherry vinegar in *poulet au vinaigre*.

Rice vinegar

This features very prominently in Japanese cooking, where its sweet, delicate flavor is used in the *sushi*—vinegared rice—dishes.

Flavored vinegars

Wine vinegar can be flavored by putting fresh herbs—tarragon, basil, mint, thyme, burnet—into a jar, covering the herb with vinegar and keeping it in a warmish place—a warm kitchen, for example—for a week, giving the jar an occasional shake. Then decant the vinegar, keeping a token sprig of herb to show what's what. Three tablespoons of fresh herb to five cups/one liter of wine vinegar is ample.

To make garlic vinegar, crush the garlic and leave it in the vinegar for 24 hours. For a really good chili vinegar, the chili peppers need steeping for ten days and should be given a daily shake.

Tarragon makes the best home-flavored vinegar, excellent for hollandaise sauce and on salads. Use chili vinegar with shellfish, especially lobster salad, burnet vinegar for mayonnaise to eat with fish, garlic vinegar for salad dressings when sharp flavors such as anchovies and capers are being used. **End**

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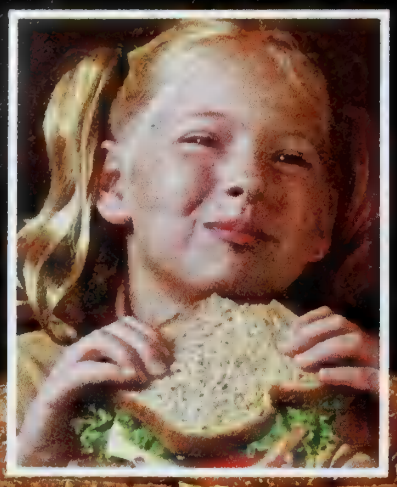
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OROWEAT

What's Happening

continued from page 32

cause. . . . That's never entered my head." She pauses and reflects. "I think . . . probably . . . I like my ability to be able to like other people, to love people and to *care* about people. And I *do* care about people."

Is there something you'd like to change?

"Oh, God! Innumerable."

Name twenty.

"Well, I'd like to be punctual. I'd like to be tidy."

You're not tidy or punctual? You're the late, messy Elizabeth Taylor?

"Thanks a bunch!" She laughs hugely. "And I can't be late on Broadway. So I'm going to have to change my whole image. I will discipline myself. I've disciplined myself to do other things, and I . . . will . . . do . . . it!"

What in your life would you like to have done differently?

"I wouldn't have liked to have *hurt* anyone. I would like to remove that, but everything else would be the same."

You don't seem to be concerned about growing older.

"Well I'm *not* concerned. I mean, it's inevitable. One should accept it as graciously as possible. Man, it's *there*, so why fight it? *Enjoy* it! I know so many wonderful people in their seventies and eighties. They're beautiful because they're so beautiful *inside*, and that kind of beauty is so much more important. I don't worry about growing older. I look forward to it. More experience. More life. More chapters." **End**

GENE SHALIT RE-VIEWS

The Elephant Man—was an actual person, a horribly disfigured man who was rescued from being a freak in a circus by a compassionate doctor. Well acted, well directed, told with pathos and love.

The Formula—is a murky, hard-to-follow intrigue about a secret formula for synthetic fuel.

Gloria—Gena Rowlands gives a glorious performance as a former gun moll protecting a little boy from the mob.

Melvin and Howard—stars Jason Robards as Howard Hughes and Paul Le Mat as the gas station operator who was supposedly left $156 million in Hughes's will. An endearing film—you'll want to believe it's true.

The Mirror Crack'd—unites Elizabeth Taylor, Kim Novak, Rock Hudson, Tony Curtis and Angela Lansbury in a light, delightful version of the Agatha Christie mystery.

9 to 5—Jane Fonda, Lily Tomlin and Dolly Parton play secretaries in a promising but disappointing story of office revenge.

Ordinary People—Robert Redford becomes an important director with this story of the dissolution of a family.

Private Benjamin—stars Goldie Hawn as a spoiled rich girl who winds up in the army, in just the off-the-wall style you would expect.

Raging Bull—is a devastating and powerful film about boxer Jake La Motta, superbly played by Robert De Niro. There is violence and obscenity, but nothing else would do.

Resurrection—is another triumph for Ellen Burstyn, who plays a crippled prairie woman who discovers she has mystical healing powers.



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Sylvia Porter

continued from page 40

exclusively for office work (a den, recreation room, etc.)

If I use my car both for business and pleasure, are there ways to boost my deductions?

Yes. In figuring your deduction for expenses of a car used for both business and pleasure, the Treasury rules require that you ignore both the expense and the mileage of any month during which you have no business travel at all. This rule enables you to raise your deductions if you can time your expenses and business trips properly. The key is to pay for your nonrecurring car expenses—tires, repairs, insurance, etc.—in months during which you have at least some business travel rather than in a month during which you have none. The reason is that you can't deduct any expense if you incur and pay it in a month during which you had no business travel. Thus, if you are unlucky enough to require a major repair in a month during which you ordinarily might have no business travel, try to get at least one day of business travel into that month. This will permit you to deduct at least some part of the repair expense.

What does support mean for purposes of figuring out whether I have given more than half the support to the persons I claim as dependents?

Support is not only the cash you give, it also includes board, clothing, maid service in the home, lodging, education, medical and dental care, recreation, transportation and similar necessities. If you furnish any goods, the fair market value is taken into account.

In figuring support, you may include such capital items as a car or furniture only if those items are actually given to, or bought by, the dependent for the dependent's use or benefit.

Illustration One: Say that you, the custodial parent, buy a power mower costing $200 for your 13-year-old child to whom you have assigned the duty of keeping the lawn trimmed. The lawn mower is to make the chore more palatable to the child. This is not support for the child because the lawn mower is a family item that will benefit all members of the household.

Illustration Two: You, a non-custodial parent, buy a television set costing $150 as a gift for a 12-year-old child for the child's bedroom. You, the taxpayer, buy the television set on credit and make no payment in the year of purchase but pay the entire amount of the charge in the following year. The TV set is an item of support up to its fair market value of $150. It is included as support in the year of the gift even though you, the parent, made no payment.

Illustration Three: Say that you, the custodial parent, buy an automobile costing $5,000 for a 17-year-old youth. The automobile is titled and registered in the parent's name and is used by you and the youth equally. Because the parent continues to own the car, the cost of the car is not support. But out-of-pocket expenses of operating the car for the dependent's benefit are part of the dependent's support furnished by the parent.

Illustration Four: In a year when you, a parent, furnish all of the ordinary support required by a youth who otherwise qualifies as your dependent, the youth purchases a car costing $4,500, using personal funds. The total support furnished by you, the parent, in that year amounts to $4,000. The car is part of the youth's support paid by him. You, the parent, therefore can't claim him as a dependent because you furnish less than half the son's support.

Are there ways to rent out my home or summer home for a short time and get any tax-free income?

There are tough, special rules limiting deductions for depreciation and maintenance expenses incurred where an owner's residence or vacation home is rented out for part of the year. But there is a special provision that can permit you, an owner, to rent out your property for up to a two-week period during the year and have the entire gross rents treated as tax-free. The law provides that when an owner's dwelling is rented for less than 15 days during the year, the entire gross rents are exempt. Of course, no deductions will then be allowed for maintenance expenses or depreciation.

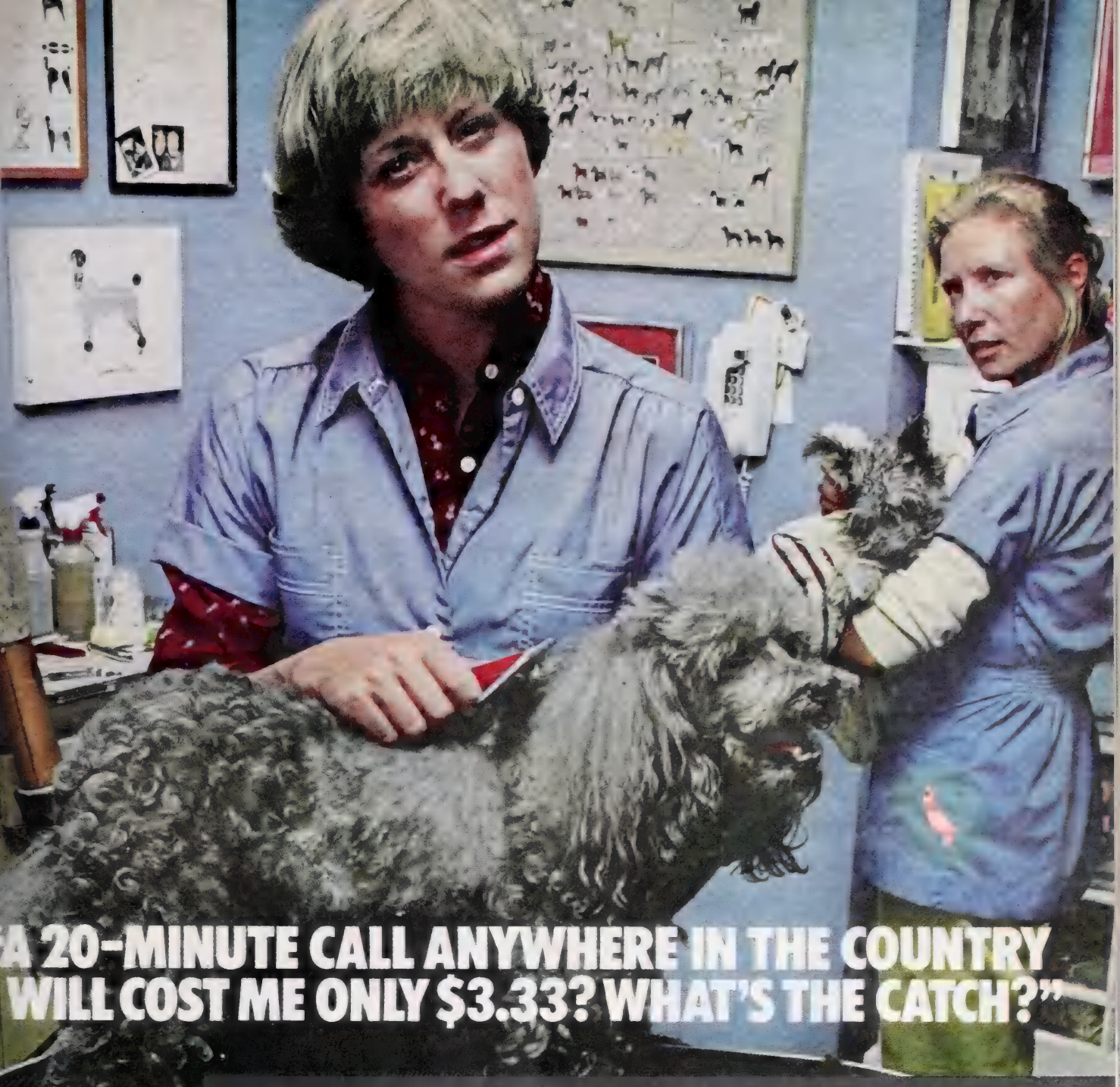
If your home is an area where some sporting or other special event will send rents skyrocketing for a short period, the tax-free nature of the rents could be an incentive for renting out part or all of your home.

What if I bought a car for business use during 1980?

If you are an employee or self-employed, and bought a car in 1980 for use on your job or business (not for commuting), you are entitled to an investment credit on the purchase. This credit is allowed as a direct reduction of your 1980 tax.

The credit depends on the expected useful life of the car in your business. If the life is less than three years, you get no credit. If it is three to under five years (the general useful life of business cars), the credit is 3⅓ percent of the cost of the car. If the useful life is five to seven years, 6⅔ percent; and if 7 or more years, the credit is 10 percent.

Thus, if you bought a new car for business at any time in 1980, for say $8,000, and the car will be used for three to five years, you can claim a $266.40 credit (3⅓ percent of $8,000). This credit doesn't reduce the cost of your car for depreciation purposes. **End**



"A 20-MINUTE CALL ANYWHERE IN THE COUNTRY WILL COST ME ONLY $3.33? WHAT'S THE CATCH?"

No catch. No hidden costs. You can telephone visit with out-of-state family and friends for 20 minutes for $3.33, or less. That includes tax.

Just be sure to dial direct when rates are lowest. That's any time Saturday and Sunday till 5; or, if you prefer, any night after 11 till 8 in the morning.

Twenty minutes is just an example. And $3.33 is for the maximum distance, so many of your calls could cost less.

The chart below gives you many more city to city prices.

Have a nice visit.

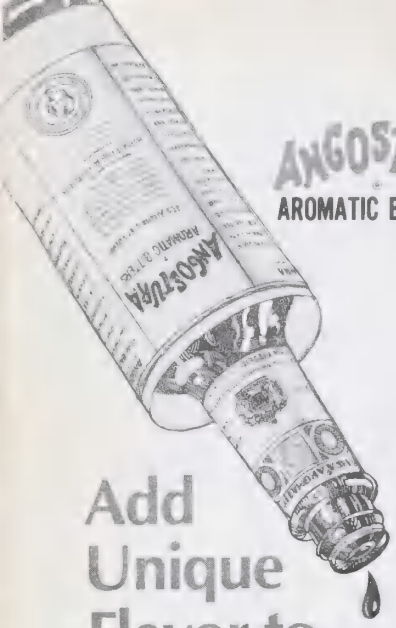
Bell System

Reach out and touch someone.

Rate Chart

All prices are for 20 minute out-of-state calls dialed direct, without operator assistance, any time Saturday, Sunday 'til 5 p.m., or any night after 11 p.m. 'til 8 a.m. Rates do not apply to Alaska and Hawaii. To find the rate between two cities, trace down the vertical column of one city to its intersection with the horizontal column of the other city, as illustrated.

	SEATTLE	SAN FRANCISCO	PHILADELPHIA	OMAHA	NEW YORK	NEW HAVEN	NEWARK	MILWAUKEE	MEMPHIS	INDIANAPOLIS	DETROIT	DENVER	DALLAS	CLEVELAND	CHICAGO	BOSTON	ATLANTA
SEATTLE		3.00	3.33	3.16	3.33	3.33	3.33	3.16	3.16	3.33	3.33	3.16	3.16	3.33	3.16	3.33	3.33
SAN FRANCISCO	3.33		3.33	3.16	3.33	3.33	3.33	3.16	3.16	3.33	3.33	3.16	3.16	3.33	3.16	3.33	3.33
PHILADELPHIA	3.16	2.50		2.66	2.50	3.00	3.00	3.00	3.00	3.00	3.00	3.16	3.16	2.99	3.00	2.83	3.00
OMAHA	3.16	3.16	3.16		2.99	3.00	3.00	3.00	3.00	3.00	3.00	3.16	3.16	3.00	2.66	3.00	3.00
NEW YORK	3.16	2.50	2.34	2.99		0.78	3.00	3.16	3.00	3.00	3.00	3.16	3.16	2.99	3.00	2.66	3.00
NEW HAVEN	3.16	2.50	2.66	3.00	0.78		3.00	3.16	3.00	3.00	3.00	3.16	3.16	2.99	3.00	2.66	3.00
NEWARK	3.16	2.50	2.34	2.99	0.00	0.78		3.00	3.00	3.00	3.00	3.16	3.16	2.99	3.00	2.66	3.00
MILWAUKEE	3.16	3.16	3.16	2.99	3.16	3.16	3.16		3.00	3.00	3.00	3.16	3.16	3.00	2.66	3.00	3.00
MEMPHIS	3.16	3.16	3.16	3.00	3.16	3.16	3.16	3.00		3.00	3.00	3.16	3.16	3.00	3.00	3.00	3.00
INDIANAPOLIS	3.16	3.16	3.16	3.00	3.16	3.16	3.16	3.00	3.00		3.00	3.16	3.16	3.00	3.00	3.00	3.00
DETROIT	3.16	3.16	3.16	3.00	3.16	3.16	3.16	3.00	3.00	3.00		3.16	3.16	3.00	3.00	3.00	3.00
DENVER	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16		3.16	3.16	3.16	3.16	3.16
DALLAS	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16		3.16	3.16	3.16	3.16
CLEVELAND	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16		3.16	3.16	3.16
CHICAGO	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16		3.16	3.16
BOSTON	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16		3.16
ATLANTA	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	3.16	



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WEIGHT WATCHERS

continued from page 82

Or maybe you've reached that well-known temporary "plateau" in weight loss that is so common after about six weeks of steady progress on a good diet program, and you can't seem to get going again. According to Dr. Reva Frankle, Director of Nutrition for Weight Watchers International, this plan can goad your metabolic responses out of neutral. Probably the reason is not only that it contains less calories, but that it is so structured and precise that you pay close attention to the amount of food you consume.

As we've all found out the hard way, there is only one sure route to permanent weight loss, and that's to make lasting changes in our eating habits. Dr. Frankle says, "Any diet that gives you fewer calories than you normally eat will work. But when you quit, if you haven't revised your eating behavior, you'll start eating the same way that made you fat in the first place." So Weight Watchers recommends the No-Choice Food Plan as a short-term alternative only, for *some* people, at *some* times. In fact, members are cautioned not even to consider it until they have been on the full program for a minimum of five weeks, have made good progress and have discussed the decision to go No-Choice with the group lecturer.

Though No-Choice offers limited calories (an average of about 1000 a day), it is no fad diet. It is nutritionally balanced, and includes proteins, carbohydrates and fats in carefully controlled amounts. It gives you sufficient milk, an item usually ignored by quick-diet planners, and a variety of breads, as well as such usually forbidden goodies as mayonnaise and your own salad dressing made with oil. At the same time, it details your total daily menu over a period of seven days, prescribing exactly what to eat and how much at every sitting. The foods are easily available, so shopping is simple.

Weight Watchers insists that two weeks of No-Choice is the outside limit. "Nobody," says Psychological Director Dr. Richard Stuart, "can live on such a restricted plan for a lifetime. It's impossible." More important—when your aim is to lose weight and maintain that loss permanently—is to learn how to make the right choices. Life is full of encounters with all kinds of foods and if you can't learn to choose without constant agonizing, you're in trouble.

No-Choice is strictly for times when life gets too hectic, too many things are happening. It offers respite, filling a real need . . . but just for now. **End**

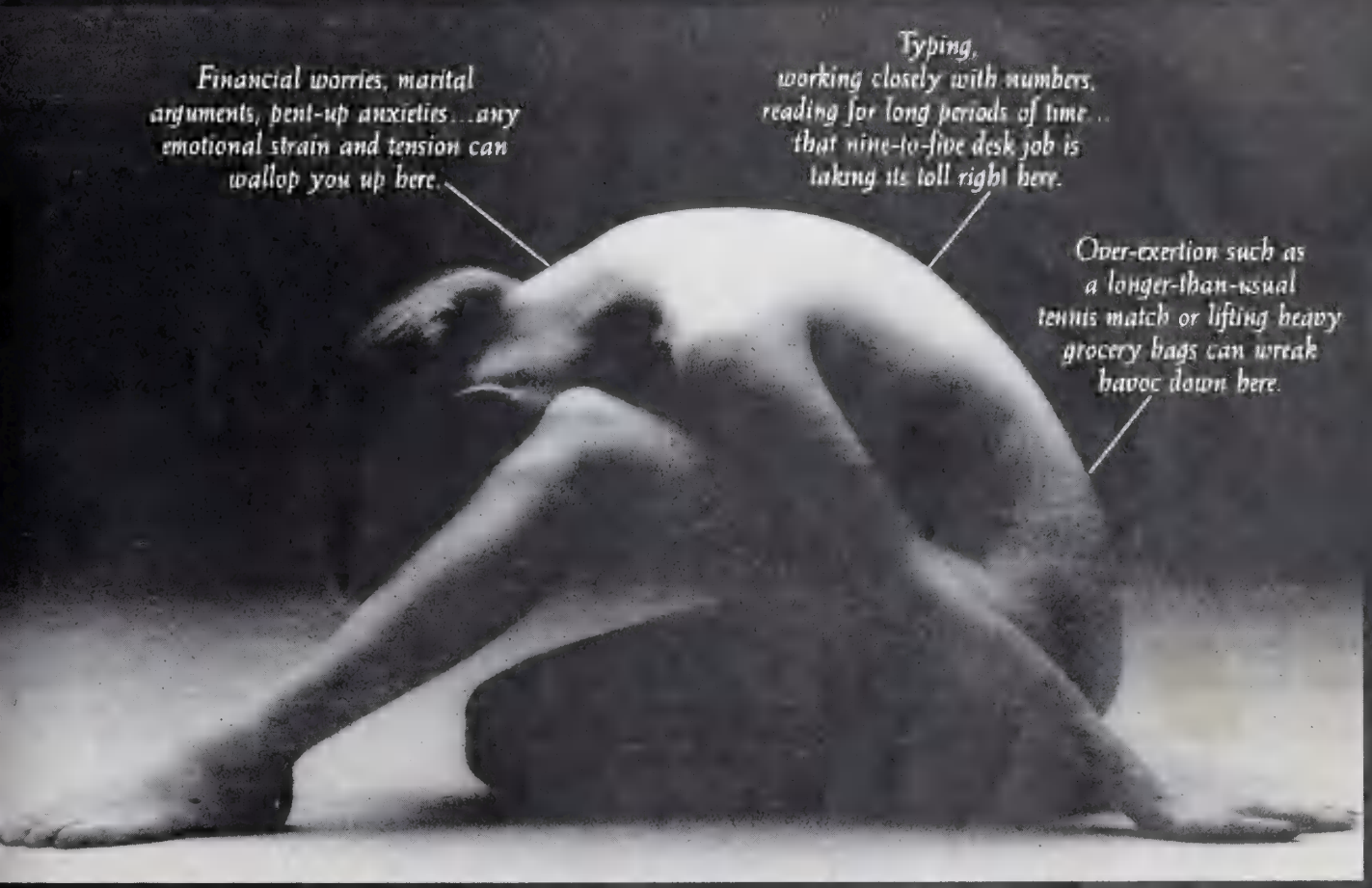
DIET TIPS

1. Weigh all food after cooking. Remove visible fat from meat before cooking.
2. Beverages—unlimited water is permitted; reasonable amounts of coffee, tea, club soda and mineral water.
3. Salad greens may be selected as desired—celery, chicory, Chinese cabbage, endive, escarole, lettuce, radishes, watercress. All other salad vegetables—tomatoes, cucumbers, carrots, green peppers—should equal ½ cup or ½ medium (tomato).
4. Yogurt is plain, unflavored.
5. Cereal is ready-to-eat or hot, and not pre-sweetened.
6. Fish selections may be made from this list: clams, cod, crab, haddock, halibut, perch, red snapper, sardines (water pack), scallops, shrimp, sole, tuna (water pack).



"Do you think I wear too much eyeliner?"

A WOMAN'S ACHING BACK



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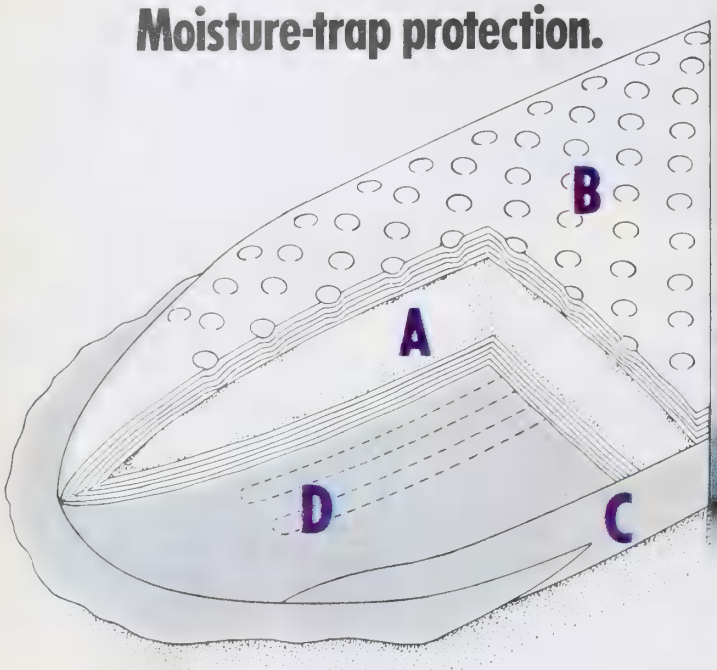
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America's Princesses

continued from page 75

to play by my rules. Class, as I define it, includes the possession of grace, style, distinction and authority. And it can't simply come from money or "family" or beauty. It has to be linked to accomplishment or some other outstanding quality equaled by no other woman. She has to rise above the crowd. And float a little.

Q. Ah, ha! So we are back to Jackie Onassis.

A. You can't deny she is the ultimate American princess. She's incomparable. Nothing has diminished our national fascination with her—or rather our fantasy image of her. The real woman remains as mysterious as ever. Now let's move on.

Q. Just a minute! How about her sister, Lee Radziwill?

A. No, she's *not* a princess, even though she could claim a genuine title during her marriage to Stash Radziwill. I'm not concerned with real titles—only in the titles we the public bestow. Lee Radziwill just never caught our mass imagination except as her sister's sister. There's something about her that people resist. No one feels any emotion or mystique about her persona. Being a "princess" depends on how your character is perceived and ultimately even the media can't control, create or stop it. Somehow you can almost see Lee Radziwill's wheels working, while a princess should make you feel that, all knowledge to the contrary, her feet never quite touch the ground.

Q. Do you mean we *want* to think a princess leads a charmed life?

A. Exactly! Take Gloria Vanderbilt. You know she's a business woman and a talented artist. You know she had a dreadful childhood and several divorces, and that she was recently widowed. But you still *imagine* that life is more marvelous for her than for you. Her image is locked into such a firm grip that even an account of her traumatic early years in the book, *Little Gloria . . . Happy at Last*, didn't reduce the magic. I sat near her at Orsini's in New York not long ago and I couldn't turn my eyes away. Neither could anyone else. She's a study in lacquered black and powdered white, a style so powerful, so polished and perfected that it brushes the overly dramatic, the inhuman. It's just short of bizarre, but it works—the mask of an enchantress. Even her television commercials [for blue jeans] haven't dispelled that special quality.

On the other hand, Diane Von Furstenberg is not a princess even though she was once married to a prince, and is exciting to look at. There's something much too wild and earthy about her; something untamed. Diane Von Furstenberg's image has been too clearly established by sheer grit, determination and hard work for us to think of her as a princess. What's more, she's too sexy looking.

Q. And that disqualifies her?

A. Yes.

Q. But . . .

A. I told you—I make the rules.

Q. Then how important is physical perfection to a princess? I'm getting the idea that you think it's truly paramount.

A. That's wrong. Barbra Streisand is a princess beyond a doubt. Her talents—we might even say her genius—put her physical imperfections beyond criticism. And yet we can't deny that even as we yield to the seduction of her voice and personality something about her inspires hostility. I think we sense a remarkable force of will in her. As a nation, we're not used to our female stars *(continued)*



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ORTHO

America's Princesses

continued

demonstrating their executive abilities. Traditionally they were adored and ordered around—or at least they gave that impression. But nobody orders Barbra Streisand around and that arouses our envy. We ask, "Just *who* does she think she is?" The answer is that she *is* Barbra Streisand and that's all you need to know.

Another Barbara, Barbara Walters, also has inspired resentment, but in a country full of would-be media princesses, she stands far above the others. Every year she grows in authority; no one else comes close.

Q. All right, all right! But I've pinned you in a contradiction. Diane Von Furstenberg "worked too hard" to *be* a princess and Streisand used her "force of will" to *become* a princess. Just how do they differ?

A. It's a question of the equipment with which they began life. I used to watch Streisand on Mike Wallace's *Night Beat* television show in New York when she had her first Broadway role. She was the skinniest, funniest looking kid you can imagine, but I was electrified by her presence as soon as she appeared. The elaborate Streisand image wasn't constructed yet, but she didn't need it. She was born a princess because of her talent. Diahann Carroll is another example—born to princess-hood by virtue of talent, beauty and distinction.

Q. What about *behaving* like a princess? Isn't that something you take into consideration?

A. I'm open to a range of princess-like qualities. In *Pride and Prejudice*, Jane Austen has one character give a description of an "accomplished woman." She includes ". . . a thorough knowledge of music, singing, drawing, dancing and the modern languages . . . and besides all this, she must possess a certain something in her air and manner of walking, the tone of her voice, her address and expressions," and then another character adds that ". . . she must yet add something more substantial, in the improvement of her mind by extensive reading." No, really, I don't think I ask too much. Remember, Jane Austen wasn't even talking about a princess—just an accomplished woman—but, of course, it *was* 1813.

Q. To return to today, aren't we allowed to have any human sympathy for a princess? Does she have to seem above the battle?

A. Of course not. Take Audrey Hepburn. Somehow, princess though she is, I want to protect her. Yet she could have invented the class act. First of all she's a European aristocrat by birth, and a resident of Switzerland, although (*continued*)

Journal Shopping Center

FASHION: STEP INTO FASHION

PAGE 78: Left: Gregge Sport: earrings and blue bangle by RED COBRA; purple bangle by CATHERINE STEIN; DANSKIN stockings; CARRANO high heel sandals. Center: J H Collectibles: pearl earrings by MARVELLA; canvas stripe belt by ELEGANT; loafers by NICKELS. Right: Willi Wear by Willi Smith: cowboy belt by OMEGA; stockings by DANSKIN; mesh shoes by BORT CARLETON.

PAGE 79: Left: Roberta Freymann for Cilantro: necklace by RED COBRA; snakeskin belt by ELEGANT; ballet shoes by CAPEZIO; stockings by DANSKIN. Tric Trac by Phyllis Keitlen: barrettes by LE COUR JOHNSON; ribbon belt by OMEGA; stockings by DANSKIN; multi-ribbon shoes by DITTO.

PAGE 80: Left: Roberta Freymann for Cilantro: CATHERINE STEIN earrings; wooden bangles by BONWILLUM; belt by RAFAEL SANCHEZ; stockings by DANSKIN; shoes by NICKELS. Right: Leslie Holzman for Sportwhirl: pearl earrings by MARVELLA; belt by ELEGANT; BONNIE DOON socks; SEVEN STAR shoes.

PAGE 81: Left: Finity: RED COBRA earrings; ECHO scarf; HANES stockings; GAROLINI pumps. Center: French Connection: ELLEN DESIGNS for ROBERT ORIGINALS earrings; CATHERINE STEIN bangle; HANES stockings; JULIANELLI shoes. Right: Ellen Tracy: baseball cap by MADCAPS; belt by ELEGANT; BONNIE DOON socks; LA MARCA shoes.

DECORATING: GET A HANDLE ON IT

PAGE 73: Knobs, pulls and levers available from: (1-3) Paul Associates, 155 E. 55th St., New York, N.Y. 10022. (4,7) The Museum of Modern Art Giftshop, 11 W. 53rd St., New York, N.Y. 10019. (5,10) P.E. Guerin, 23 Jane St., New York, N.Y. 10014. (6,8) Dave Sanders & Co., 115 Bowery, New York, N.Y. 10002. (9) Kraft Hardware, 300 E. 64th St., New York, N.Y. 10021

DECORATING: LIGHT UP YOUR LIFE

PAGES 88–89: Neon sign by Say It In Neon, 44 Hudson St., New York, N.Y. 10014. Hanging light part of "Brass and Glass" track system from Halo Lighting Products Division, with brass track, lamp and track fixtures of clear or etched glass. For more information write: Helen Joseph, The Hanlen Organization, 401 N. Michigan Ave., Chicago, Ill. 60611. Foreground: General Electric's Brite Stik, 33-watt, plug-in fluorescent, available in hardware, lighting stores, about $14. Background: Phillips "Linestra," about $40. Kitchen lighting by Lighting Professionals, Inc., 365 Broadway, Hillsdale, N.J. 07642. Kitchen designed by The Kitchen Works, Park Ridge, N.J. Recessed lights and mini-track over sink from Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305. Undercabinet 1-inch fluorescents by Alkco Manufacturing, 4224 N. Lincoln Ave., Chicago, Ill. 60618.

PAGES 90–91: Living room: Semi-recessed fixture in sloped ceiling area by Halo Lighting (address above); recessed lights by Lightolier (address above). Can uplight under plant at left and bottom, #B25WH, about $25; white Flex-Neck Floor lamp #F31, about $65, both by Basic Concept, Ltd., 418 East 16th St., Paterson, N.J. 07514. Weaving by Michelle Lester. Clock on mantle, #612-483 by Howard Miller Clock Co. Inset: Surface mounted monopoint illuminating piano and track light for brick wall by Staff Lighting, P.O. Box 1020, Highland, N.Y. 12528. Vase on piano: #2033 beaker vase by West Virginia Glass Specialty Co.

Fixtures, from left: Red Low Spot with shield by Targetti, $19.45, available at Thunder & Light, 171 Bowery, New York, N.Y. 10002. Can uplight (see above). Matte black plant light (glass shield protects bulb from water), $55, from George Kovacs Lighting, 24 West 40th St., New York, N.Y. 10018. Foreground: Lumiline bulbs, 18-inch lengths, 30 or 60 watts, $25 per section; replacement lamps $8.55. Available in a variety of colors from Right Inc., 1162 Second Ave., New York, N.Y. 10021. Also available at other lighting stores. White Hiball Spot #51 WH from Basic Concept, about $29 (address above). Red Study Hardtop, $19.95 from Thunder & Light Inc. (address above). Chrome spotlight #0207, about $50, by Herco. For information, write Herco Art Mfg., Box 608, 53 Parker St., Wallingford, Conn. 06492.

PAGES 92–93: "The Right Light" tips adapted from *The Light Book* by General Electric. Light bulbs from left: Duro-Lite's Flamescent candelabra bulb; Westinghouse 150-watt reflector flood; Westinghouse 50-watt reflector; Westinghouse PAR bulb; General Electric's 75-watt reflector spot; General Electric 25-watt reflector bulb; Westinghouse 60-watt pink bulb; General Electric silvered bowl; Yorkville Silver bulb; both for special fixtures only; Duro-Lite's Globelite; Satcos 40-watt candelabra bulb. Make-up mirror: 75-watt General Electric bulbs.

FOOD JOURNAL

PAGE 118: Magic Mop by Pro Duet Mop, Inc., P.O. Drawer P, Belle Chasse, La. 70037, $3.95; New Colony Cup by New Colony Systems, 119 E. Prospect Ave., Mt. Vernon, N.Y. 10553, $6; Gravy Strain by East Hampton Industries, Inc., P.O. Drawer EEEE, East Hampton, N.Y. 11937, $7—Gravy Strain, $13—Souper Strain (if shipped, add $1 p&h).

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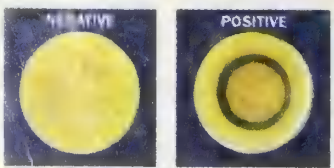
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we think of her as American. In *Roman Holiday* she became a major film star. She's so elegantly constructed and perfectly dressed that she makes almost all other women look gross. She has the longest, most beautiful neck ever seen. Yet she has escaped malice or envy because she's the quintessential *waif*. Under all the immaculate, cultivated style we sense someone who's incredibly fragile, someone who, for reasons we don't know, seems to need *us*. In Audrey Hepburn we have the image of princess orphan just as in Streisand we once had the image of a princess urchin.

Q. Now are you saying the *image* is more than the reality? Surely it can't be mere illusion.

A. With public personalities you can't truly isolate the image from the reality. They reinforce each other. Gloria Steinem is a perfect example of this. For years she has worked as a feminist leader and magazine editor, yet one of the reasons she's effective is her image as princess of the women's movement. She'd be furious to be called a princess, but that's just what she is—by my rules. She's an unquestioned beauty, with that lean, long, swinging, unchangingly splendid look, that mane of hair, the sunglasses on top of her head, the follow-me-onto-the-barricades-charisma that makes the myth.

No mystery, no fantasy

Jane Fonda, surely Steinem's equal in commitment to causes and a superb actress, has never become a princess. People dislike Jane Fonda or they cheer her on, but there is no mystery, no fantasy. Perhaps we know too much about her—or think we do. I don't think anyone dreams of leading Fonda's life. Yet they might well dream of being Gloria Steinem, or of becoming Yvonne Brathwaite Burke—a political princess who arrived in the eye of the public eight years ago, when she was vice chairman of the Democratic Convention. Political princesses are rare because the push and shove of politics don't usually permit the kind of style and manner we expect from our princesses. Princesses tend to make us mere mortals feel insecure, and we wouldn't normally vote for a princess.

Q. Why not?

A. Because of our envy and because a princess should have a quality of distance, with something slightly unreachable, something very private about her. A princess shouldn't seem too easy to know. Goldie Hawn can never be counted among the princesses, nor can Jill Clayburgh or Leslie Uggams or Liza Minnelli—in spite of all their enchanting and varied talents—because they don't possess the vibrations that make us feel just slightly intimidated. You can imagine yourself being at ease with them, taking off your shoes, quickly feeling like old friends. In fact, even without knowing them, they *are* friends of a sort, because their personalities are evident in their performances. You know they must get messed up and have real faces under their makeup—just like the rest of us. Beverly Sills, a sublime woman from every point of view, is not a princess either. She's "Bubbles" to the whole world. And Cheryl Tiegs is not *quite* a princess. She's just too close to the girl next door to make the leap. A fascinating borderline case, that one. Ravishingly pretty, but her basic style is off.

Q. We should all have her problems! You make it sound as if it would be better—more fun in any case—*not* to be a princess. I'm beginning to wonder what they do for friends.

A. It's not easy. A friendship is possible between two evenly matched princesses: Ali MacGraw and Candy Bergen, for example. They can be comfortable with each other because there's a close and delicate balance of power between them. They have a tremendous sense of personal style and both radiate "class." So Ali MacGraw and Candice Bergen aren't afraid of confiding in one another because neither would betray the other's confidence. They have been written about often enough, with the ingrained bitchiness of the press, to understand the value of a friend who isn't looking at you with hidden envy.

On the other hand there is another kind of friend a princess can have—someone so adoring and unthreatening that she is content to worship. Naturally such a relationship isn't fully satisfactory because a princess, like all of us, craves genuine peer contacts. Friendship is always a difficult area for princesses.

Q. You seem to think that we are so beastly that if we got to know a princess we'd feel an irresistible need to trash her.

A. Not always, but often. We put women we admire in the princess position. But at the very moment we set them above us, we start to look for ways to reduce them to our own proportions. We look for the seams, the chinks in the armor, the weak spots. After all, our subconscious is saying, "If that woman is so far superior to me that I've made her into a princess that must mean that I'M NOT! And I don't like that one bit!" Even though we *need* the mystery and glamour of princesses to enrich our lives, we tear them down as mankind has historically torn down its idols. Just ask yourself how much kinder the people and the press have felt toward Elizabeth Taylor since she got fat. Her weight deflects our envy.

Q. Don't any princesses escape these feelings?

A. Meryl Streep is one—her talent is so big that we just can't be petty about her, nor can we be envious of Jodie Foster for precisely that reason. Joyce Carol Oates, the princess of literary America, reigns from afar. We know she teaches in a university and produces more fine novels than would seem possible, but her image is that of a pale, dark, lovely princess locked in a tower by her own choice, and beyond envy. Katharine Hepburn has escaped malice because she's entirely too wonderful. We'd be *ashamed*. Cicely Tyson has every princess-like attribute: an awesome gift for acting, beauty that conveys her strength of character, and something I can only call nobility that sets her apart from other women.

(continued)

PILLOW POETRY
pictured on page 44

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America's Princesses

continued

She is too fine to fall heir to envy. And we don't have our knives out for Caroline Kennedy. She's so obviously entitled to princess-hood, no matter what she does with her life, that we just accept it. She's the exception to my earlier statement that family alone isn't enough. In her case it is enough.

Q. Sometimes I think you're trying to confuse me; Ali MacGraw, Joyce Carol Oates, Barbara Walters—do you have any more princesses to add to this idiosyncratic list?

A. There are others who have risen above envy. Movie star Dina Merrill, for instance, was the daughter of one of the richest women in the world, Marjorie Merriweather Post, yet she behaves like the working actress she is, with no airs and graces. She conveys a genuine niceness and lack of hauteur that gets her off the hook in spite of her cool, blond, aloof beauty. Character *will* out! In the case of Princess Yasmin, daughter of the late Ali Khan and Rita Hayworth, she has wisely kept such a low profile that we know too little about her to criticize. Smart woman. And I think, too, that Brooke Shields has a fair chance to escape from wicked tongues.

Q. Brooke Shields!

A. I know, you're thinking of the near kiddie-porn of the movie *Pretty Baby* and dubious sensuality of *The Blue Lagoon*. I agree that she hasn't had a well-managed career in some ways, but she is so impossibly beautiful that her innate class hasn't been ruined. I watched her on *The Merv Griffin Show*, surrounded by four of the top models in America, and she so outshone them that they looked practically plain. That degree of beauty is so rare that it's *weird*, not quite of this world, and yet when she speaks, she's natural, unpretentious and spoiled, still just a 15 year old. I think—I hope—that people will leave her alone and just enjoy looking at her. I know I do.

Q. Why haven't you mentioned Princess Grace?

A. I was saving this interesting two-generation case for last. Here you have a born-rich American girl who won Hollywood stardom by the kind of beauty that makes her a textbook case of "looking like" a princess. Then, by being a good actress, she consolidated her princess position with achievement. Finally, she married a prince—a Grimaldi, heir to a thousand years of aristocracy—but her daughter, Princess Caroline, is just *not* a "princess."

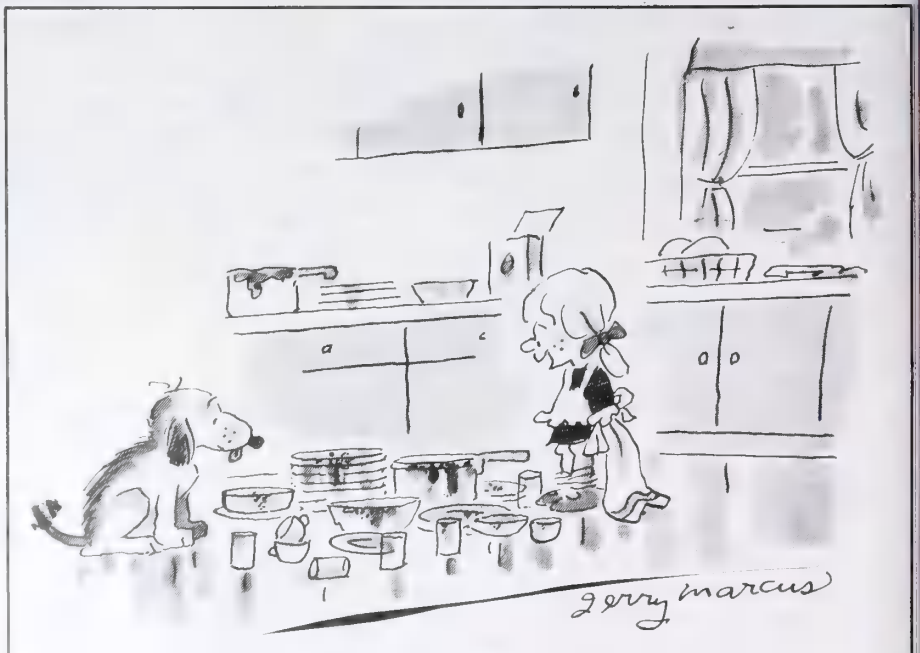
Q. Of course she is!

A. No, sorry. Not by my standards. You'll remember that I said titles didn't count? Caroline came into a world that was waiting to adore her. She has been blessed by loving parents, and a face and body that could inspire poetry. It would seem that a crowd of good fairies hovered over her cradle, but she seems to have taken many wrong turns in life. There are no signs yet that she's a proper princess. But she's so young that anything can happen. I wish her well.

Q. Wouldn't you like to tell us what makes an American prince? Now Robert Redford for instance . . .

A. Is a *king!* And that's enough about that! **End**

Judith Krantz's novel, PRINCESS DAISY, has just been published in paperback by Bantam Books.



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April 1981

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Editor's Diary

AROUND THE U.S. WITH JOURNAL EDITORS

Getting to know you. Although based in New York City, *Journal* editors like to move around the country, sampling regional trends, speaking to women in every area. That's what keeps our pages alive, relevant, helpful to you in the life you're living now. For this month's Community Cookbook feature, page 33, for example, Executive Editor John Stevens and Food Editor Sue Huffman actually went to Tuscaloosa, Alabama, to work with the Junior League in the preparation of their wonderful recipes. (Photographer Ken Regan, a regular member of our team, is on the left.) The women who lent their expertise were excited to have their recipes in the *Journal*, of course. But we were equally pleased to see how the cocktail buffet we show below was created by the women. We are pleased to be able to share it with you.

Hollywood beat. Maureen Lynch, our Beauty and Fashion Director, also spent a week on the West Coast, photographing TV stars Mary Crosby and Linda Kelsey in our buy-them or make-them sweater feature, page 80 (Linda Kelsey, incidentally, turned out to be a knitting fan). Meanwhile, Home Editor Joan Tully had been combing the mid-Atlantic states to get just the right houses to show in her creative do-it-yourself decorating feature, page 90. "How America Lives." That's an old motto for the *Journal*, and we ceaselessly work to keep it real for us, and real for you,. Let's hear from you about how you'd like your area involved.



Photograph by Barry Fikes, The Tuscaloosa News.

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LONI ANDERSON

Behind the sex symbol, a very real and warm woman. But behind the newfound stardom, success is taking a toll on her personal life. By Diane de Dubovay

Meeting Loni Anderson for the first time, her face looks younger and softer than the screen image she projects. The skin is flawless. The makeup perfect, but not overpowering. The stage-trained, honeysilk voice is like a well-modulated caress.

On the surface, the 34-year-old actress seems to have achieved the American dream beyond her wildest expectations: a successful TV series, two popular money-making posters, a staff that includes a full-time personal secretary, business manager, lawyer, agent, makeup man, costume designer, chauffeur, hairdresser, live-in housekeeper—and a sprawling home of movie star lavishness, where she lives with her adored 16-year-old daughter, Deidra.



But beyond the guest house, gardens and pool, a 12-foot cement wall protects her family from her fans. "I'm building myself a pretty prison," Loni remarks.

To win her success and to fit the qualifications for today's blond screen goddess, Loni frankly admits to changing everything about herself from hair color, makeup and wardrobe to a major operation that reduced the size of her breasts. "I was thought of as being sexy, but I was never thought of as being a sex symbol until I became blond," says the former brunet who has rocketed to TV stardom playing *WKRP in Cincinnati's* luscious, but no-so-dumb blond Jennifer.

Yet ironically, the very stardom she worked so hard to attain has brought her to a sad and difficult moment in her life. Straining under his wife's success, her husband, actor Ross Bickell, recently told Loni he wanted a trial separation.

"Sometimes you have to love each other enough to be separate for a while," Loni told the *Journal* several days after the decision. The poignancy of her husband's words still fresh on her mind, she repeated his plea to her: "I need to find myself again," he said, "instead of being buried in the fame of you."

Her voice soft, but self-assured, Loni continued, "It makes me very angry that this seems to be a town in which only one person in a couple *(continued)*



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LONI ANDERSON

continued

is allowed to make it at a time. There too many marriages that have g through the same trouble. We were ing so hard to avoid it, but I think when actors are married they must e achieve success; otherwise it's very try on egos. I was hoping we'd be one of rare couples to get through it."

The breakup came in between our interview sessions with Loni. At the f interview, the tension in her home palpable. When I arrived, Loni offe me a cup of tea. "I'll just put on some water," she said. Passing by in the h way, Ross added pointedly, "*Please*!"

"I didn't ask *you* to put on hot wat Loni replied gently, as if she were tre ing on the eggshell fragility of Ross' e "I said *I* would put on the hot water."

"Oh," Ross mumbled, embarrassed.

Strains on her family

Almost inevitably, Loni's success placed strains on her family. It is, a all, Loni's mega-sums from her series t have paid for the house, the staff a most of the bills. (Her earnings are e mated at $20,000 to $30,000 an episc and may rise to $100,000 if the ser continues.) "My husband would still l to be the breadwinner," Loni admitt during our first interview. "It bothers h that I make as much money as I do. works just as hard and makes a quarter what I make doing the same kind thing. He still has that old-fashion hang-up of, 'I wish I could be the c contributing the most.'

"But I wouldn't be here without hi Loni took care to explain. "Ross s ported me emotionally during the b times. He talked me into reading for t part of Jennifer in *WKRP in Cincinna* Without my husband, I might still be Minnesota doing commercials. This is c career. So whatever money either of earns is ours. Our careers have work out just the reverse of the way we pl ned," Loni observed somewhat sadly.

Ross, a handsome, articulate man w is a year younger than Loni, elaborate "I feel the pressure from Loni, spoken unspoken, of, 'Why the hell aren't y out there working? Why aren't you m ing it?' At parties, people come up to and say, 'Are you Loni's manager?' An say, 'No.' And they say, 'Well, who you?' And I say, 'I run the errands.' An feel ridiculous. Like a nobody. It's as people expect me to be darker or taller have more hair—to be a Barbie-d matching image for Loni. Sure, I'm e vious. I'm happy for Loni and the succe she is having. But it's not easy when yo nearest and dearest is making it and you not, and you feel you're just *(continue*


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LONI ANDERSON

continued

as talented. You wonder when your time will come—or if it *ever* will come."

"I think we're a day-to-day couple," Loni said. "We're improvising. Planning too far ahead is not necessarily going to work. But I want this to last. I want to stay married to him."

But unhappily, a short while later, Ross was the one who decided to move away—to Minnesota, where he could successfully pursue his acting career.

"It just hasn't worked for him out here . . . . He was fed up with being 'Mr. Anderson,'" Loni admitted when we talked to her after the separation.

"People began mistakenly saying he was my manager and stopped calling him for interviews. Or they'd say, 'He doesn't need this job because he's married to Loni Anderson.' But he's been an actor ever since we've known each other. He really needed to be the star and not the husband of Loni Anderson. In Minnesota he *is* the star at the theater where he works.

"When he arrived there, he told me: 'I feel important here. I feel I'm doing worthwhile things that I wasn't doing in California. I feel I've found myself.'"

Loni paused and then continued softly. "I understand that. To be engulfed in someone else's shadow of fame, and having to crawl your way out and say: 'Here I am, an individual. I have to make a statement.' So I understand him. Yet I hope he can find himself and still be with me."

We asked Loni whether, looking back, there was a way her marital problems could have been avoided.

"Yes. If someone had given my husband a series to star in, he could have felt the same importance as I. He really does feel happy for me, yet at the same time, he feels envy. It's a tough thing to have to deal with."

For three years the problems surfaced almost daily. But Loni doesn't give up easily. "Nobody fights for their marriages anymore, fights to make them work. If this marriage does fail, I will know that I gave it everything I got. And I think my husband will feel the same way."

For Loni, the split-up is particularly depressing. She had been so scared of committing herself to a relationship after her disastrous first marriage.

Born into a comfortably well-off, upper middle-class family in Minneapolis, Minnesota (her father was a pharmaceuticals executive), Loni's early social life revolved around the Lutheran Church. Loni remembers herself in those days as something of a "goody two-shoes," whose value system was entirely conditioned by religion and the accepted conservative mores of the 50s.

At 17, she fell in love with an "older" man of 25 and the starry-eyed young couple talked about marriage. But a year later, instead of a marriage proposal, the young man asked Loni to go to bed. When Loni refused, he said, "Then we'll have to break up. This is driving me crazy. I'll see you around."

"I was crushed," Loni recalled. "And more than crushed about losing him, my ego was deflated."

Two months later, hurt and confused, Loni rebounded into marriage with a 26-year-old salesman she had known exactly two weeks.

"He asked me to marry him without asking me to go to bed first," Loni explained. "It had nothing to do with our loving each other. We were just infatuated for a couple of weeks. We eloped, and then we had another wedding for our families because they felt left out and distressed. By the time we had the second wedding, I knew the marriage was an incredible mistake. I like to blame it on the fact that I was young, but it was really a stupid move. We had a relationship that was no relationship. We were strangers. We didn't even really like each other."

The breakup came three months later, when Loni discovered that she was pregnant. "They didn't teach us anything about birth control in those days," Loni recalled. And even if her values had allowed her to consider it, abortion was illegal. "All of a sudden I realized that I was going to have a baby in a loveless relationship and that all three of us would be cheated."

Felt like an outcast

If Loni felt rejected by the failure of her first love, she felt even more rejected after her divorce. The Lutheran Church refused to allow her to continue teaching Sunday school because they felt that, as a divorced woman, she would be a bad influence on young people. In college, sororities rushed her, but the moment they found out she was divorced and had a child, they froze Loni out. Everywhere she turned, Loni felt like an outcast. In the 50s, in the Midwest, a divorced woman with a child didn't fit in anywhere. Young men approached her with cheap shots, assuming that she was a swinging young divorcée. But stung by the double failures of her first love and her marriage, and almost totally inexperienced in sexual matters, Loni had decided that she was a frigid woman.

The mounting pressures and conflicts of her life sent her into therapy for the next six months. "I had no social life," Loni recalled. "My daughter was a year and a half old before I even considered having a date. I was so burned by having my first sexual experience with no emotion behind it that I was petrified to get involved again.

"In talking to my therapist, I finally

(continued on page 16)



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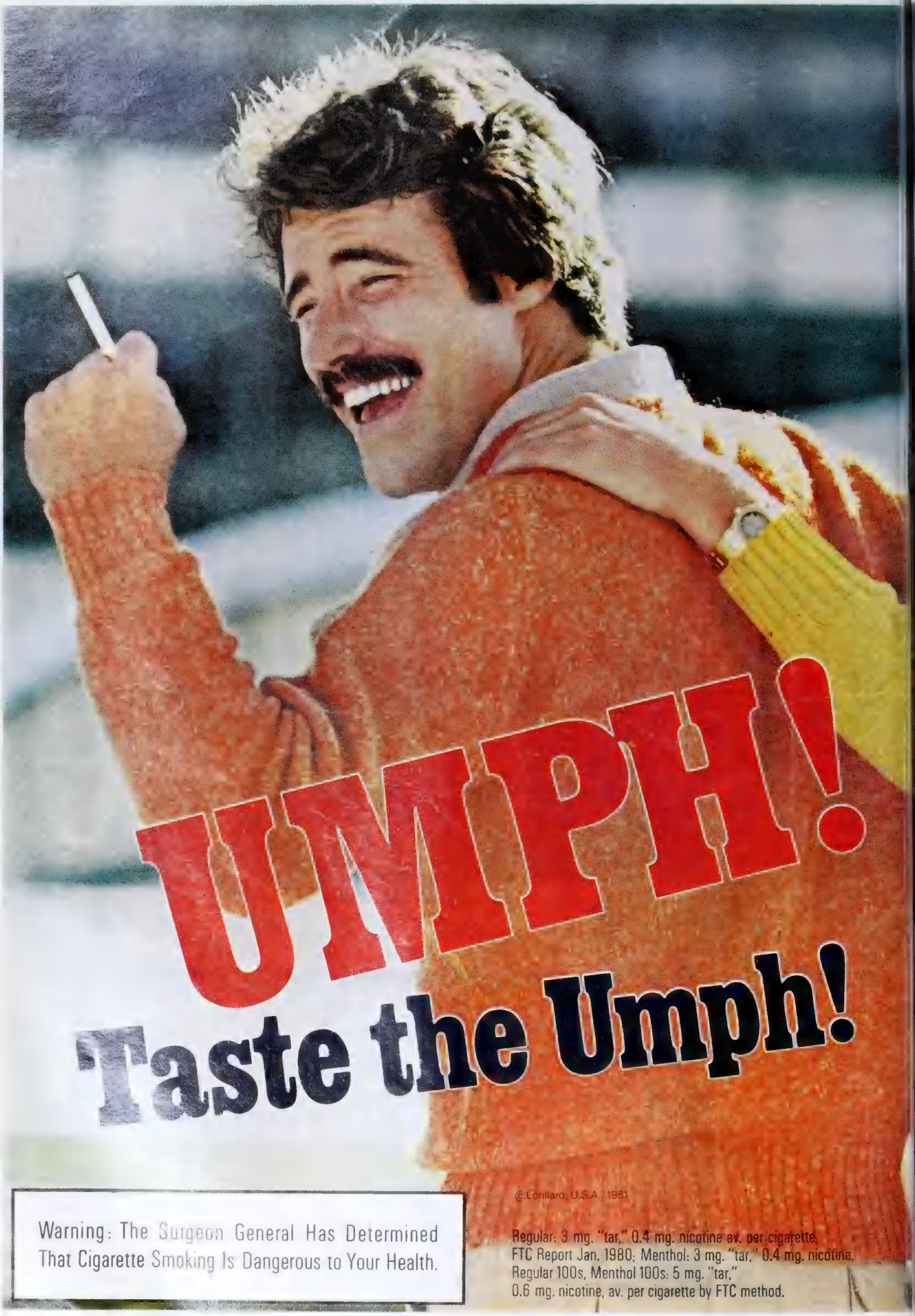
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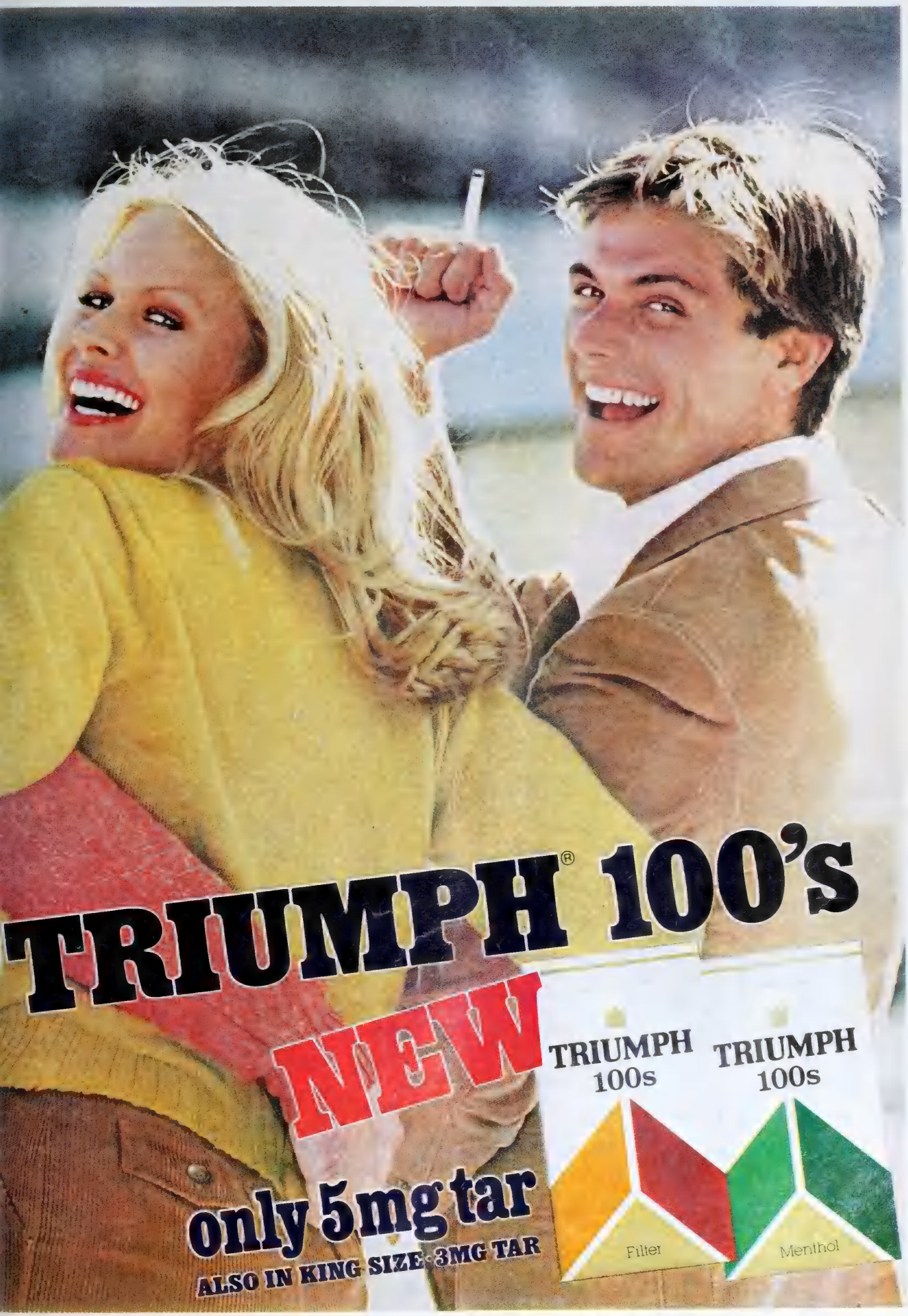
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LONI ANDERSON

continued from page 12

realized that the wrong man does not mean that sex is wrong altogether—and that I should give it a chance."

Loni could have easily taken the easy way out and married one of the wealthy, socially prominent admirers who pursued her after her divorce. But tragedy, disappointment and struggle had galvanized her to succeed on her own merits.

After college, Loni briefly taught art at a local high school before turning her attention full-time to her acting ambitions.

By this time, Loni had decided to never marry again. Instead she worked, took care of her child and had discreet love affairs. This arrangement complemented the words Loni still chooses to describe herself: "controlled, driven and insecure."

Loni was 27 and going into rehearsal for *Play It Again, Sam* at a Minnesota theater when she found herself strongly attracted to the show's handsome leading man, Ross Bickell. "I'd never had an experience with overwhelming physical attraction before," Loni explained. "Ross just swept me away."

When he proposed, Loni accepted. But it had taken her nine long, lonely, difficult years to overcome her fears of marriage. Understandably, however, during those years between her first and second marriages, Loni's concepts of what a marriage should be and how she should raise her daughter changed drastically.

"With my first husband," Loni confessed, "I just wanted to be a 'nice wife' and be married to someone who could absolutely take care of me. By the time I married Ross, I had become so independent and my career had become so important that it was the focus of my life—financially, professionally and socially.

"If it hadn't been for Deedee, I might not have married Ross. I would have lived with him. It would have been like a marriage, without the papers signed. But if we broke up, it wouldn't have entailed the financial and emotional upheaval of a legal divorce."

In raising her daughter, Loni has tried to shield Deidra from the ignorance and lack of communication that led to the disaster of her own first marriage and the disillusionment of her own early sexual experiences. "I have tried not to pull any punches at all with Deidra," Loni explained. "Sometimes I think I overwhelm her, and she'll say, 'Oh, Mother, that's just gross!'

"For example, when we talked about lovemaking, I think I was a little ahead of my time on the subject. But I think the best way of dealing with the situation is not keeping anything from young people. I think they should know everything, so they are prepared for any avenue they want to take. I've taught Deedee about birth control. I don't encourage promiscuity, and yet neither do I encourage saying, 'You have to wait until you're married.' What I encourage is knowing yourself and taking the responsibility for your actions."

How did Deedee take the news of the separation?

"Very hard," Loni admitted. "Because as most young people do, she feared her life would change and she loves him very much. He's the father she has known since she was eight years old. She was afraid, from the divorces she has seen, that people get angry and hateful and then don't see each other, and that there's all kinds of turmoil. That's not the way we're handling it, and she feels much better now that she knows that, and we've all talked on the phone. . . .

"Deedee was aware of our problems. She really understands and she is protective of me, and she's taking care of me as if she's my mother. She's been with me through thick and thin . . . since I was eighteen. We've been through many a rough time together and we're going to weather this one together, too. She's a close friend as well as my daughter."

Regrets about success

Does Loni, who calls herself a "midwestern homey mom," have any regrets about becoming so successful? The answer was a firm "of course. There are good things and bad things, but I wouldn't trade it." Ironically, one of the "bad things" is the strain that fame has put on this mother-daughter relationship.

"The thing that hurts me most is my daughter's disapproval," Loni admitted. "Sometimes in the morning when she's getting dressed, I'll go into the bathroom to talk to her and she'll say, 'Oh, Mother, please leave. You have no pimples, your hair is perfect, my thighs are bigger than yours. I don't want to see you in the mirror next to me.' Or she'll be winning a letter at school for sports, because she's a wonderful athlete, and she'll say, 'I don't want you to come, Mother. You create too much commotion and nobody will pay any attention to me.'"

Yet despite a certain amount of insecurity and jealousy toward her mother, Deidra seems to be a remarkably balanced and well-adjusted young lady. And Loni is clearly devoted to her only child ("I would kill for her," she says).

"Deidre is not as driven as I am," Loni conceded. "She wants a career, and it bothers her that she still doesn't know what she wants to do, since I knew I wanted to be an actress when I was five years old. Deidra would like to have a traditional marriage and children. I think she feels marriage should be the way it was for my mother and father. They were crazy about each other. They had terrible arguments, but nobody ever walked out and there was never a separation. The[re] was never physical abuse and nobo[dy] ever went to bed angry."

Another pressure for Loni's family is h[er] increasing obsession with being "pe[r]fect"—perfect wife, perfect mother, pe[r]fect actress, perfect beauty. It takes Lo[ni] two hours to go anywhere. "It can be [a] pain waiting for her," Ross exclaimed. B[ut] admittedly insecure about her looks, Lo[ni] wouldn't dream of setting foot outside th[e] front door, even to go to the corner dru[g] store, without being thoroughly made u[p] and ready to face her public.

"Loni is obsessive about poise an[d] style," Ross continued. "She has decide[d] that this is how she wants to preser[t] herself. And I understand that a lot of [it] is a coverup for her insecurity. Lo[ni] needs constant reassurance. But some[-] times it's hard for me to give it to h[er] when I think to myself, 'You have a jo[b] everything's working out for you. Why a[m] I trying to bolster you up, when *I* fe[el] insecure and you should be the one try[-] ing to bolster me up?'"

Still, there was an obvious understand[-] ing between Ross and Loni. And if, f[i]nally, he had to leave to find himself, th[e] move did not interfere with the dee[p] friendship that the two share. "W[e] started out as friends and luckily that[']s what we are. He's always been the perso[n] closest to me," said Loni.

Who will the actress turn to, now tha[t] Ross is no longer there?

She explained that she has man[y] friends—including the *WKRP in Cincin[-] nati* cast—who are very supportive. "[I] don't feel lonely. And I have my daugh[-] ter, of course . . . but I do feel torn righ[t] now. Torn between understanding thi[s] and feeling sad about it. Knowing tha[t] Ross might not come back . . . that i[t] might not work out the way I'd like it to."

Her voice trailed off, but in second[s] the resilience returned. "I do have th[e] strength to face this. I've been through a lot of things and I'm a workaholic."

Frenetic schedule

She laughed, conscious that she's im[-] mersing herself, as always, in an almos[t] frenetic schedule. "I'll just find mor[e] things for myself to do. I'm taking voic[e] classes and dancing and doing things with my daughter. And I'm remodeling the house, and doing a lot of building and redecorating, and doing all kinds o[f] things to keep myself occupied. I think that's the best therapy when you're going through some kind of personal trauma. Physical activity."

As Loni talks about her life, and the crisis in her marriage, one is aware tha[t] the values she learned from her own diffi[-] cult past are useful to her now, as she reconciles her success with her desire fo[r] stability at home. And, while her success may have hurt the people closest to her, one senses that Loni Anderson will work hard for solutions. **End**

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Skin Principle #2: As skin matures, it needs help to help itself. Every passing day, your skin contains less of the vital ingredients it had when it was soft and young. This collagen-enriched system self-adjusts to work with your body chemistry by providing many of these key ingredients that maintain the skin's natural balance. Instantly skin feels fresh, moist and comfortable. With continued use, lines will be minimized. Your skin will look younger than it has in years.

Skin Principle #3: The best care for skin begins where skin itself begins. Cells are renewed deep within the epidermis. This hypo-allergenic, fragrance-free system penetrates deeply to create a nurturing environment for young cells. By the time they surface as tomorrow's skin, they've had every chance to become beautiful. And it provides a protective shelter from drying effects of the environment.

Skin Principle #4: Different skin types require different skin care. You can't expect the same care to have the same results on different skin types. That's why SKIN PRINCIPLE™ isn't one system, but three systems scientifically designed and clinically-tested to work as directed with different skin types to deliver the precise help your particular skin needs.

Skin Principle #5: Serious skin care can also be simple, affordable skin care.

SKIN PRINCIPLE™ has a simple, inexpensive and effective skin care system for your individual skin type—whether dry, normal or oily. It's not only totally caring, it's total simplicity to use. We uncomplicated so many things to make caring for your skin so very simple. You could say we made it a breeze.



SKIN PRINCIPLE™

Skin Support System

By MAX FACTOR

Serious skin care made simple.

Can This Marriage Be Saved?

While Brad works around the clock to please his domineering father, Inez drowns her loneliness in liquor. Can a couple who have grown so far apart ever be reconciled?

By Betty Hannah Hoffman

"My In-Laws Are Destroying My Marriage"

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit, educational counseling and research organization with a staff of 70 counselors. The true stories reported here are drawn from counselors' reports of interviews. Names and other details have been altered to conceal identities. The counselor this month was Dean Smith.



INEZ'S TURN

"My husband's parents are turning him against me," said 28-year-old Inez, stroking a strand of blond hair away from her pale face. "Brad and I have been married for seven years, but I know that his parents have never accepted me. So now Brad has lost all love and respect for me.

"Brad works for his father, Leo, a terrible-tempered tyrant. Leo decides where Brad lives, what he does and how much he earns. Brad lives in constant fear of failing his father.

"From the start, Brad's father and mother didn't like me. I was working as a secretary for a railroad, and Leo's container company was one of its biggest customers. Brad would come into my office on business, and we began dating. Soon afterwards, his parents invited us to their home for dinner.

"Since it was a humid day, I was wearing hot pants and a sleeveless, low-cut blouse. After we got to the family mansion, Brad's mother, Belle, announced we'd be eating at the country club. She suggested Brad put on one of his father's ties.

"With me, Brad had always been crisp and decisive, with a good sense of humor. Around his parents, he became listless and quiet. I expected him to explain that we weren't properly dressed, but instead he meekly fell in with their plans.

"The country club was one of the most exclusive in California. I was the object of all eyes as the tuxedoed waiter pulled out my chair. Every other woman in the room was wearing a dress or a skirt. I'm positive that Brad's mother planned that evening to humiliate me.

"In spite of that embarrassing event, however, Brad and I continued to date—and when I turned 21, we got married. I planned a simple home wedding because my family is not well off—and my father has a severe drinking problem—but while Brad's parents didn't object to that, they insisted upon paying for an elaborate reception for 300 people, all strangers to me. Leo suggested we honeymoon at the family ski lodge and Brad agreed, although he knew I preferred that we go to Hawaii.

"Our honeymoon lasted two days. Then workers went on strike at the company's Chicago terminal, and Leo ordered Brad there immediately. We moved into a company-owned apartment in a downtown skyscraper.

"Brad began to work incredibly long hours, twelve and fourteen hours a day, six days a week. I'd prepare gourmet dinners served by candlelight, but Brad would bolt them down before returning to the office. Soon, our love life was out the window.

"Not only that, but my workaholic husband was turning into an alcoholic as well. He began adding two jiggers of brandy to each cup of morning coffee, 'just to get going.' When Brad finally got home close to midnight, he'd ask me to fix him a couple of highballs so he could sleep.

"I also began drinking too much, just to pass the lonely hours. I'd have three glasses of wine at lunch, followed by a nap, then three or four gimlets and another nap. By the time Brad walked in, I was pretty tipsy and also mad.

"I'd lash out and he'd reach for the vodka bottle. On at least three occasions, he became physically violent. Once I was afraid he was going to push me out the twentieth-floor window of our apartment. When I called my mom and told her, she urged me to leave Brad and move back with her.

"That's when I realized I was trapped. I was too proud to ask my parents for money, which they couldn't spare anyway, and I had none of my own—not even the air fare home. Brad handled all the bills and gave me a measly grocery allowance. The company owned our apartment and our two cars—for tax purposes, Brad said. The company also paid for our country club membership, our entertaining and our so-called business-related vacations.

"I realize I could have gotten a job, but *(continued)*

Illustration by Shirley Kaneda

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OFFICIAL RULES AIR STEP "FLYIN' HIGH" CONTEST

No Purchase Necessary

1. To enter, hand print your name, address, zip code and telephone number on the official Air Step "Flyin' High" entry form or use 3" x 5" plain paper. Then, if you like, tell us in twenty-five words or less a special goal or worthwhile achievement you would like to accomplish. This special goal or achievement is not a criteria for entering the sweepstakes, nor does it impact on your chances of winning.
2. You can enter as often as you wish, but mail each entry separately to: River Associates, P.O. Box 7306, St. Louis, MO 63177.
3. Contest closes May 15, 1981. Entries must be postmarked by May 15, 1981 and received by May 25, 1981. Entries become the property of Brown Shoe Company. None will be returned. The winner will be drawn at random by River Associates, an independent judging firm whose decisions will be final. The winner will be determined by June 10, 1981 and notified by mail. Prize must be claimed by September 1, 1981. Only one specific prize may be chosen. All prize alternatives have a maximum cash value of $15,000. Winner may choose cash equivalent. Odds of winning are determined by the number of entries received.
4. Sweepstakes open to all U.S. residents except where prohibited, restricted or taxed by law. Employees (and their immediate families) of Brown Shoe Company, its affiliated companies, its advertising and promotion agencies and judging organizations, suppliers and manufacturers of sweepstakes materials are not eligible to participate.
5. All taxes, including but not limited to sales and income taxes, are the sole responsibility of winners. An affidavit of eligibility and a release from liability will be required. Prize is not transferable without our permission. Travel accommodations are by sponsor's choice. If prize is won by a minor, it will be awarded in the name of the parents or legal guardian of the minor.
6. For the name of the major prize winner, send a stamped, self-addressed envelope to: River Associates, P.O. Box 7311, St. Louis, MO 63177. Do not send entries to this address. Brown Shoe Company is not responsible for any entry delayed or lost in the mail.
7. The winner grants to Brown Shoe Company without limitation the right to use the winner's name and likeness for any advertising and promotional purposes without additional compensation.

Drop this coupon in the Flyin' High display at any participating AIR STEP retailer.

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Can This Marriage Be Saved?

continued

making money didn't interest me. What I really wanted was a family. Brad, however, absolutely refused. I think his own childhood was so miserable he didn't want to be a parent.

"One of his aunts told me that when Brad was a small child and wet the bed, his father punished him by making him stand outside stark naked in the snow. Brad says he can't remember anything about that, but he does recall that when he was twelve, he stole a bottle of wine from his father's liquor cabinet, drank it and then threw up on the new living room carpet. Furious, Leo banished Brad for the next five years to a highly regimented boarding school and then to a military academy.

"After that, Brad didn't ask his parents for another cent. He served three years in the army and tried to put himself through college, but eventually dropped out. When he was twenty-eight and painting houses, he finally swallowed his pride and asked his father for a job.

"During Brad's absence, his younger brother, Tony, had become the adored only child. When Brad and I visit his mother, she prattles on about Tony and his wonderful wife and children. Brad just sits there, looking glum.

"His mother and father can be truly heartless. Once while I was having dinner alone with them, Leo said to me, 'You're a spoiled brat, Inez, making my son's life so miserable with your complaints. I never would have married a woman like you.'

"The hate in his voice chilled me. I turned to my mother-in-law for support, but all she said to her husband was, 'Well, dear, Inez is a little young for you.' I fought back my tears and kept my composure. Later, I cried myself to sleep.

"Around that time, Brad was having trouble installing a computer system in the Chicago office. His employees were working around the clock and quitting in disgust. Suddenly, Leo announced he was replacing Brad with a new manager and ordered us back to California. Brad has been depressed ever since.

"As for me, I thought my life would improve once I was near my friends and family again, but I'm as lonely as ever. My mother finally divorced my father and found a wonderful new man, so she has little time for me—and my old friends are busy with their own lives.

"I find myself alone for weeks at a time. Brad has rented a second apartment as a 'retreat,' and every time we have an argument, he throws his things into the car and leaves. Eventually he returns, begging my forgiveness, but I'm growing more and more bitter.

"I feel the root of all our troubles is that the company owns him and is trying to own me. The worst thing my husband ever did was to go to work for Leo. All Brad wants in life is his father's love and approval—something he'll never get."

BRAD'S TURN

"I can't understand Inez's hostility toward my parents and the family business," said Brad, a slender man of 38 with a square jaw and a steady, serious gaze. "My father is a hard but fair man. My mother is a fine, gentle lady.

"As for the family business, I'm proud to be in it. I'd be insane to give up a job that pays me seventy-five thousand dollars a year and offers a host of benefits. I never finished college or had any special training. What other firm would pay me that kind of money?

"Recently, my father asked me if I wanted to succeed him as president. I felt he was just making a gesture since I'm the older son. My younger brother, Tony, is much better qualified than I am. He has a college degree and understands the complexities of our labor union and tax problems. I told Leo this, and the next day he made Tony heir apparent. Inez was furious when she found out. She feels my parents have always favored Tony. I disagree. He was an easier child to raise, that's all. I was a red-headed terror when I was young. Boarding school gave me the self-discipline I needed and I don't feel my parents just packed me off. Every Sunday, they came for four hours, which I always appreciated. Many of the boarders never had visitors.

"The funny thing is that Inez is smart about the shipping business, which is what attracted me to her originally. She knew all about the tight deadlines and the need for overtime. I thought she'd tolerate my working schedule and find ways to keep busy. Was I ever wrong!

"During our stint in Chicago, she could have gone to college, or joined clubs. My parents made an effort to introduce her to their friends. Instead, she sat home and sulked.

"She's also irresponsible about money. When we were first married, I let her pay the household bills, but we were soon getting past-due notices. So I took over the bookkeeping and gave her $800 a month for groceries and personal expenses. Recently, I raised this to $1,000. Even so, she overdraws her account because she forgets to balance her checkbook.

"She complains that *my* parents dominate our lives, but I think she's too emotionally dependent on her own parents. While we were in the Midwest, she insisted upon visiting her mother two months every year and ran up hundreds of dollars worth of phone bills. All she talked about was getting back with her family and friends in California. But now that we're here, the phone seldom rings.

"I don't know what Inez does all day. Often she'll neglect something important, like having the washing machine fixed. Her invariable excuse is, 'I didn't have time.' I tell her, 'Inez, all you have is time.' Then she'll snap back, 'Don't you dare use that tone of voice with me!' and we're into another argument.

"There's no doubt that alcohol loosens our tongues. Inez can be terribly cruel after a few drinks. She'll say, 'I hate you' or 'I'm the only thing in your life you can be proud of.'

"When Inez starts berating me, my throat closes up so I can't breathe. Sometimes I hit her and then I feel devastated. The best thing I can do is get away by myself for awhile.

"One of our biggest problems is that Inez perpetually gripes about how she wants a baby and I don't. From my experience, two people shouldn't have a child unless their marriage is solid. I'm afraid I would become too fond of a baby and Inez would use the child against me.

"I know from experience that she doesn't play fair. During our last separation, I came back to the house to get some clothes. Inez knew I was coming and said she'd be at her mother's. As I was going through the house, I saw a magazine questionnaire she'd filled out. One of the questions was, 'Have you ever had an extramarital affair?' Inez had checked, 'Yes, once.'

"She told me later she'd checked it in error, but I'm not satisfied. If she hadn't cheated on me, then she'd have skipped the question. Thinking about whether she's been unfaithful drives me nuts.

"When my marriage first began to fall apart, I would make excuses to remain at the office. I looked upon work as a kind of mistress that never talked back. So I stayed on longer than necessary, then went out for a few drinks. Of course, when I finally got home, Inez would be mad. So the vicious cycle continued.

"Then my father abruptly transferred me back to California, and I felt uprooted. I know he was just trying to save my marriage, although he never said so. Now he doesn't know what to do with me, and I'm not happy because I'm not earning my keep.

"My marriage is an absolute disaster. Inez and I go for days without sex or any sign of affection—just naked animosity and shouting matches. I've never been a quitter, but I'm ready for a divorce."

THE COUNSELOR'S TURN

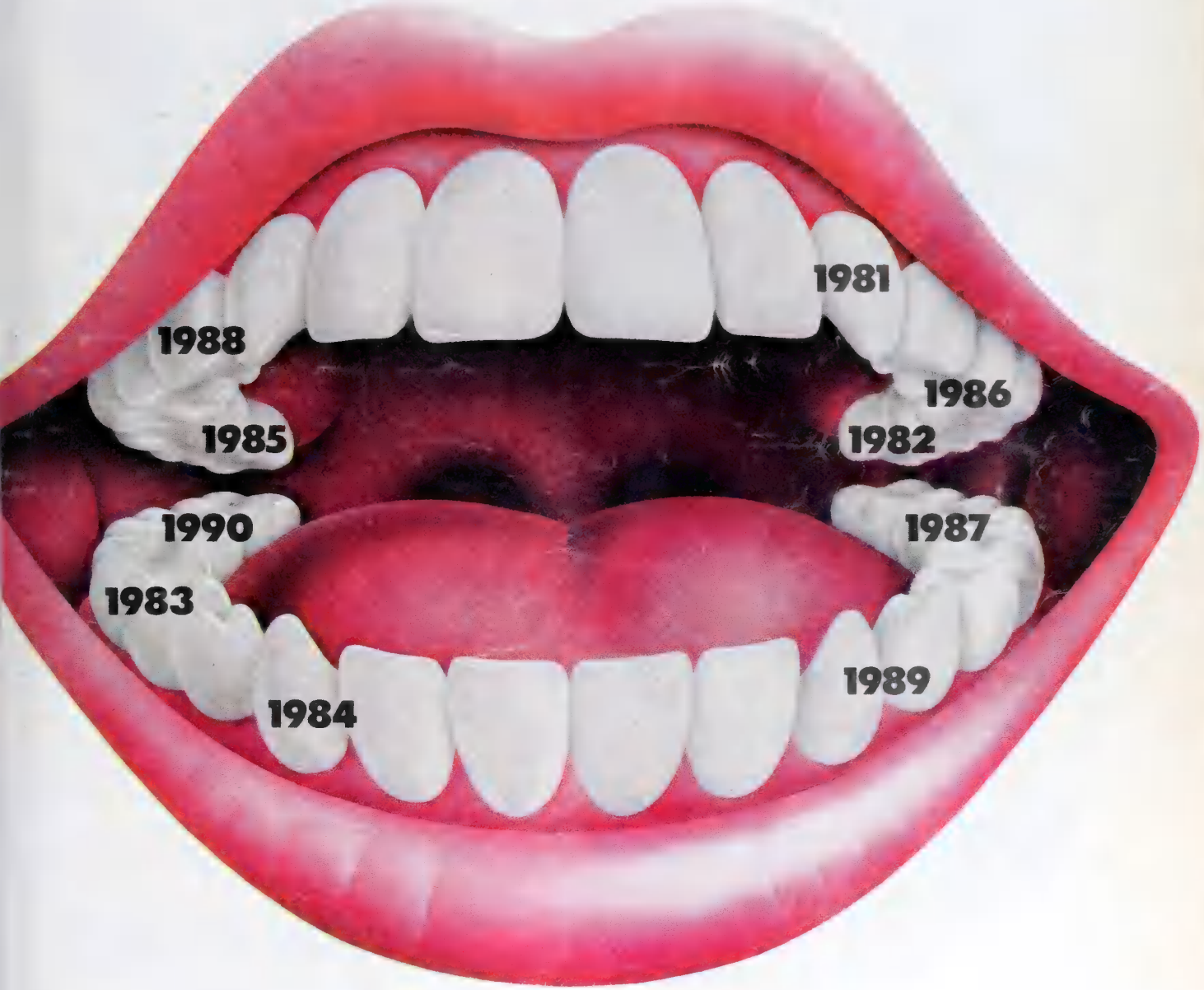
"Inez could view her husband's relationship with his parents far more objectively than Brad, who tended to gloss over the unhappy portions of his life," said the counselor. "Brad had been stomped on so hard as a child that he was still terrified of his father.

"In many ways, Brad patterned himself after his father, drinking too much, working too hard and trying to isolate himself

(continued on page 29)

GETTING ONLY ONE CAVITY A YEAR SOUNDS GOOD.

UNTIL YOU MULTIPLY BY 10 YEARS.



INTRODUCING ADVANCED FORMULA CREST.

BECAUSE ANY CAVITY YOU GE IS TOO MANY CAVITIES.



At first glance, one cavity a year seems pretty good. Until you do some basic arithmetic. 1 cavity a year x 10 years = 10 holes in your kids' teeth. Is that what you want for your children? If you're like most parents, the answer is an unequivocal "No!"

We think you'll agree that any cavity you get is too many cavities. That's why we proudly announce a totally new Advanced Formula Crest.

NEW CREST WITH FLUORISTAT. NOW, GET FEWER CAVITIES WITH CREST THAN YOU EVER GOT BEFORE.

If you think you were getting great checkups with old Crest, just wait till you try new Advanced Formula Crest.

A major clinical study has shown that for every 4 cavities old Crest prevented, new Crest prevented almost 7. This dramatic improvement means now you can get fewer cavities with Crest than you ever got before.

You see, new Advanced Formula Crest has new and different cavity-fighting system called Fluoristat. No, we didn't add more cavity-fighting ingredients to new Crest. Instead, our scientists d covered a new cavity-fighting system that actually works harder for you than old Crest did.

So you might say that now there's a whole new Crest for cavity prevention.

THE FIRST MAJOR CAVITY-FIGHTING ADVANCE FOR CREST IN 25 YEARS.

Don't think for one moment we haven't trie to beat old Crest at fighting cavities.

Over the past quarter of a century, we've

Accepted AMERICAN DENTAL ASSOCIATION

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regu professional care." Council on Dental Therapeutics, American Dental Association.

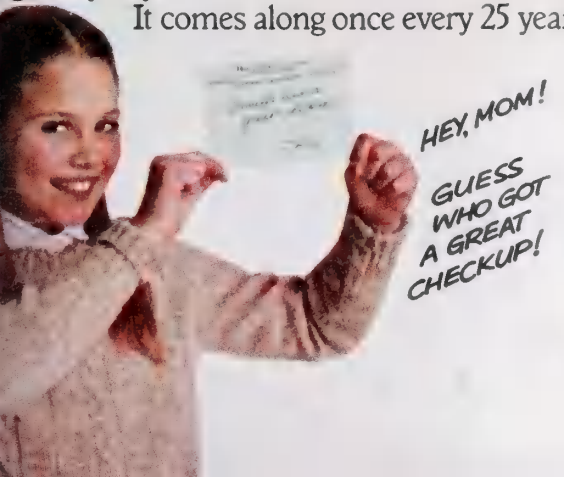
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It seems a toothpaste like ours doesn't come
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It comes along once every 25 years.



NEVER HAS A NEW TOOTHPASTE BEEN TESTED SO MUCH BY SO MANY.

New Advanced Formula Crest is backed up by the largest clinical tests ever performed on a toothpaste. These exhaustive tests lasted for 3 solid years involving almost 5,000 kids.

We conducted over 10,000 dental checkups and examined a staggering 250,000 teeth.

The results have shown that now you can get fewer cavities with Crest than ever before. Naturally, you still have to watch sweets, see your dentist, and brush often with new Advanced Formula Crest.

Knowing all this, can you still be content with your kids getting only 1 cavity a year?

After all, in 10 years, it'll be nothing to smile about.

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Ogilvie Hot Oil Treatment



DRY DAMAGED HAIR

OGILVIE HOT OIL TREATED HAIR

This is how much softer and naturally lustrous your dry, damaged hair can look.

Nothing conditions dry, damaged hair quite so naturally as Ogilvie Hot Oil Treatment.

It's the only treatment formulated with natural oil. As Ogilvie Hot Oil Treatment penetrates the dry, brittle hair shaft, it reconditions naturally. The hair absorbs the oil exactly where it needs it, making it fuller and richer.



So see for yourself. There's nothing like Ogilvie Hot Oil Treatment for naturally soft, lustrous results.

Can This Marriage Be Saved?

continued from page 24

from his emotions. He still lived under his father's shadow.

"He even modeled his behavior as a husband on his father's. He thought that if he worked hard and was a good provider, his marriage would last. When Inez angrily reacted to his neglect, she became an ogre, like his father. Brad would freeze, clam up and want to flee.

"During therapy, Inez told him she didn't enjoy the feeling of walking on eggs, knowing he could leave for his hideaway as soon as she raised her voice. Brad agreed to give up the second apartment.

"Even more important, after several months of therapy, they both decided to try to stop drinking so much, and as a result, their battles turned into discussions. Fortunately, Brad's drinking was a nervous habit, which he could control.

"Inez, on the other hand, drank to drown her sorrows. She considered herself a victim of misfortune. Well-meaning advice from friends or family made her more self-pitying. She couldn't trust herself to cope with life, and wanted her mother or her husband to make all her major decisions. She had to accept the responsibility for her own life.

"Inez had been drinking so heavily that she was half comatose when she began therapy. Once she stopped drinking, she regained some of her vivacity and alertness. After a year of therapy, she and Brad decided to buy their first home. Inez threw herself into remodeling and landscaping. She also became active in local politics. As she stopped leaning so heavily on Brad, he began to recover some of his puckish wit and playfulness.

"The nasty games Inez had been playing with Brad, arousing his suspicions about a nonexistent affair, were her attempts to 'get even' with him for his inattention. When she created a life for herself and Brad cut back on his working schedule, they were able to begin a more constructive life together. They have no immediate plans to have a baby, but Brad hasn't ruled out the possibility.

"This couple has a long way to go toward a friendlier relationship. Yet Inez now dares to stand up to Leo, who says admiringly, 'There should be more women in the family like you!'

"Brad is beginning to assert some of his own business ideas. He is also wondering whether to quit the family firm to start his own commercial venture, a goal Inez heartily endorses." **End**

Get fiber into more foods your family will like.
Like Bran Muffins.



Bran Muffins

1 1/4 cups all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1 1/4 cups milk
1 1/2 cups KELLOGG'S® ALL-BRAN® cereal or KELLOGG'S® BRAN BUDS® cereal
1 egg
1/3 cup shortening or vegetable oil

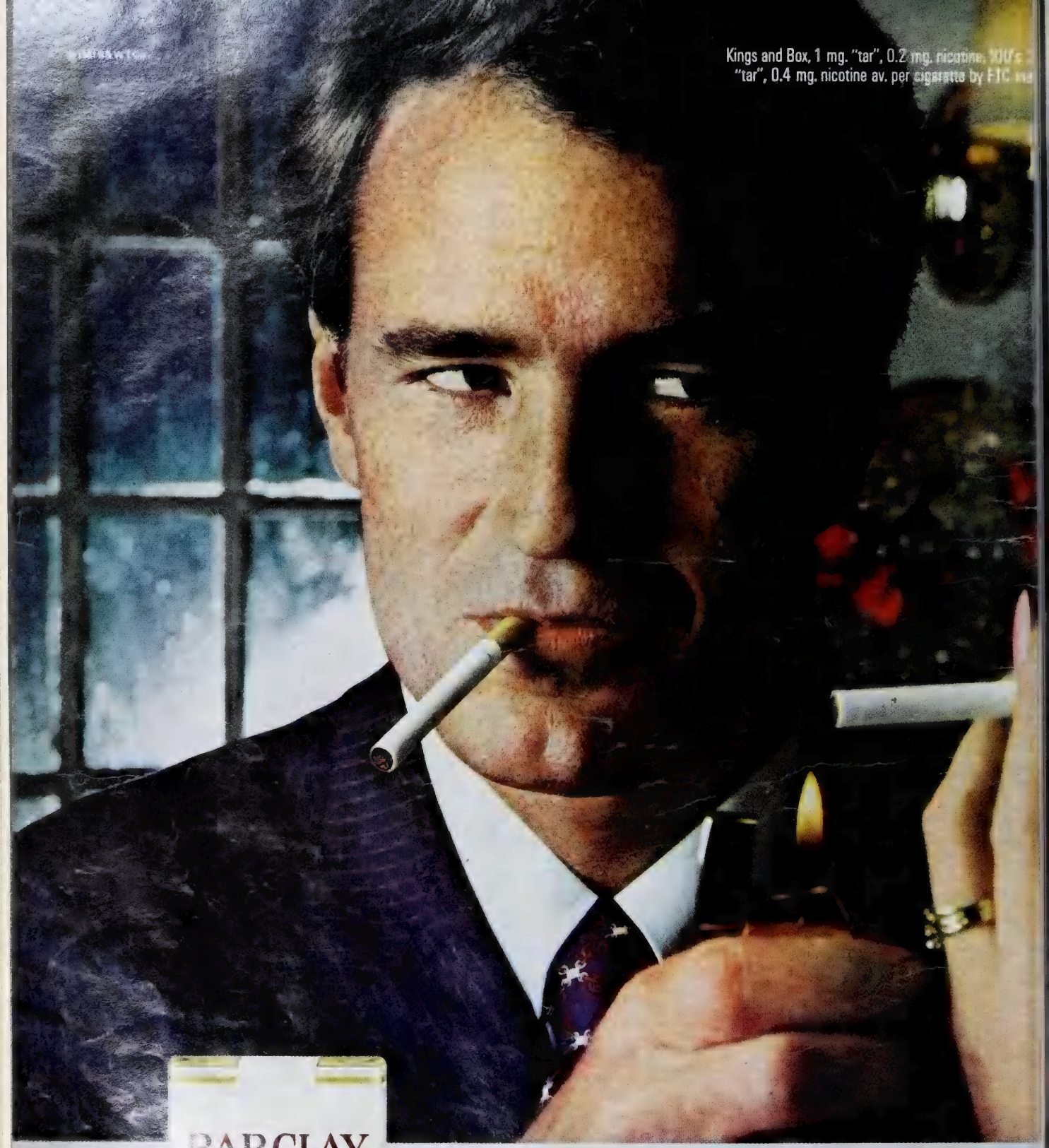
Stir together flour, baking powder, salt and sugar. Set aside. Stir together cereal and milk. Let stand about 2 minutes.

Add egg and shortening. Beat well. Add flour mixture, stirring only until combined. Fill 12 greased 2 1/2-inch muffin-pan cups. Bake at 400° F. about 25 minutes or until golden brown. Serve warm. YIELD: 12 muffins.

Variations: In place of the All-Bran cereal, use 2 cups KELLOGG'S® 40% BRAN FLAKES cereal. Or use 2 cups KELLOGG'S® CRACKLIN' BRAN® cereal and decrease milk to 1 cup.

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The high-fiber cereals.

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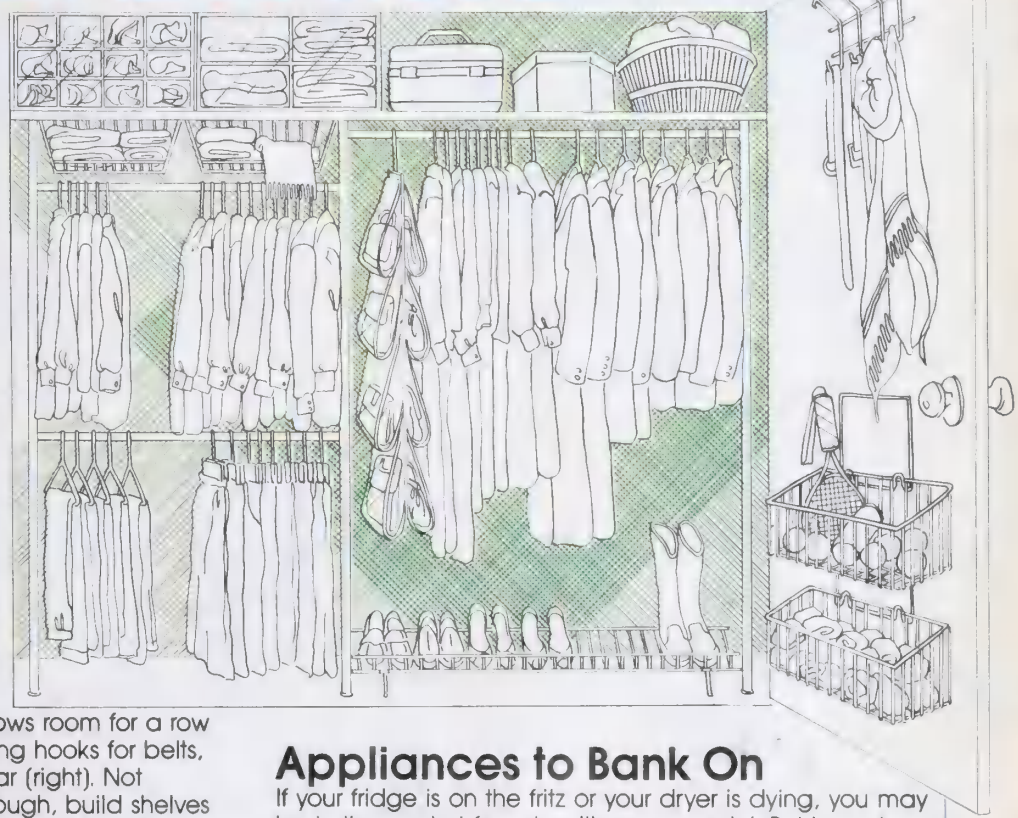
Also available in 100's and Box

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



Closet Setups: The Inside Story

Ever stand in front of your closet searching frantically for that matching blouse or missing boot? Here, tips to help you pull it all together. 1. Make the most of closet space by dividing a section in half horizontally. Install a plywood divider and poles. Shown here, a free-standing tension system (from Sears). Organize similar clothing together. 2. Leave space between top shelf and clothes pole to slide in baskets for scarves, socks (left side of closet). 3. Keep seldom-used items in sight and dust-free with pre-divided storage chests (top, left), or you can make your own from cardboard boxes with dividers (liquor, soda); cover with adhesive paper. 4. Let luggage do double duty—store off-season clothes inside (center, top). 5. Hang handbags neatly in a "file" (center). 6. A ventilated rack keeps shoes paired up, allows room for a row underneath. 7. Utilize closet doors. Hang hooks for belts, scarves and low baskets for sports gear (right). Not illustrated: 8. If your closet is deep enough, build shelves alongside walls for extra storage. 9. If your closet has sliding doors that keep half of your clothes in the dark, consider replacing them with folding doors to get a full view. 10. Buy special hangers that hold more than one item. Shopping information, page 110.



Appliances to Bank On

If your fridge is on the fritz or your dryer is dying, you may be in the market for a healthy new model. But how do you tell which appliance is your best buy? Take the time to investigate. Although energy-efficient appliances often cost more at first, it's the total cost that's really important. • Most major appliances now carry Energy Guide Labels—easy-to-read tags to help you compare features *and* energy efficiency. • To determine total cost, read the label. Only compare appliances of similar size, features. • Bring your latest utility bill when shopping. Compare energy chart on label with your bill to compute yearly operating cost. • Roughly estimate how many years you expect to keep the appliance, and multiply this by yearly operating cost to get overall cost. • By adding overall cost to initial purchase price, you'll see which appliance is the better buy.

Dining in Style

Spiff up your next buffet dinner—tuck silverware and a linen napkin into black moiré "lapmat," which unfolds to amply cover knees. New trend in china is mix-and-match. Give flexibility to basic cream/white dishes by adding coordinating (perhaps, dark-rimmed) set. Plates shown here (near left): buffet, Renaissance Aubergine (bottom), $46; dinner, Renaissance Peach (middle), $25; salad, Cloisonne Peony (top), $20. All Fitz & Floyd. Nanette lapmat, $10; Lisa napkin, $9; both, Table Manners. Bamboo-pattern flatware, 5-piece setting, $75, by Sigma. Glasses, Colony Glass, $8 each.



Border by Raymond Ameijide. Illustration by Yook Louie. Photograph by Dennis DiChiaro.

New Mrs. Smith's® Natural Juice® Apple Streusel Pie.

You'll be tempted to call it your own.

"Delicious! You make it?"

"Oh...Um...Er..."



We make the crust tender and flaky. Like you would. We pile it high with fresh apples that bake in their own natural juices. Like you would. Then we top it off with a crumbly, buttery streusel topping. Like you would. Who wouldn't be tempted to call it their own?

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15¢ off

Save 15¢

on your next purchase of Mrs. Smith's® Natural Juice® Apple Streusel or Natural Juice® Apple Pie.





TO THE CONSUMER. Caution! This coupon can be redeemed only with the purchase of the brand specified. Coupon cannot be transferred, sold or exchanged. Any other use constitutes fraud.
TO THE RETAILER. We will reimburse you for the face value of this coupon plus 7¢ handling provided this coupon is redeemed by a consumer at the time of purchase and the face value of this coupon is deducted from the retail selling price. By submitting this coupon for reimbursement, you represent that you redeemed it in the manner described above. The consumer must pay any sales tax involved. This coupon is not assignable; invoices proving purchase of this product to cover coupons presented must be shown upon request. For redemption of coupons, MAIL TO: MRS. SMITH'S FROZEN FOODS COMPANY, P.O. BOX 1090, CLINTON, IOWA 52734. Cash value: 1/20 of 1¢. VOID WHERE TAXED, PROHIBITED, OR RESTRICTED BY LAW.
Limit: one coupon per purchase.

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WINNING SEASONS

Good food is always in season in Tuscaloosa, Alabama. Here are the recipes to prove it, plus spectacular table-setting ideas.

Spring, summer, winter or fall—good food is in season year round in Tuscaloosa, Alabama. And some of the best is collected in the Junior League's recently published cookbook, *Winning Seasons*. We met with the women on their own turf recently to learn more about the book and to watch—with wonder—as they prepared two extraordinary food spreads for us to photograph.

Desserts came first on this trip, so that we could work in soft morning light in the garden of Moody-Warner House, an antebellum gem in downtown Tuscaloosa. It would *(continued)*

Scrumptious *Winning Seasons* desserts, clockwise from center bottom: Strawberry Bread, Black Bottom Pie, Lane Cake (with its sinfully rich filling), Brandy Snaps (cookie cornucopias filled with whipped cream) and White Velvet (garnished with sliced peaches). Shown in the background, members of the Tuscaloosa Junior League on the back veranda of beautifully restored Moody-Warner House.



Cheese rose is made from "The Best" Cheese Ball. Form petals for the "rose," sprinkle the whole with paprika. "Leaves" are cheese sprinkled with parsley.

An artful arrangement of three marinated hors d'oeuvres: shrimp on the inside, then a ring of broccoli and on the outside a circle of artichoke hearts.

be hard to pick a favorite among the five we photographed—all are sinfully rich—but the nod would have to go to that great classic, an old-fashioned Lane Cake. It's a cake everyone should make at least once before they die to savor the unique filling of eggs, sugar, butter, raisins, coconut and nuts, all laced with bourbon. So what if it is over 700 calories a small slice. Brandy snaps were the other favorite, mostly because they are so much fun to make: lacy cookies quickly baked and then rolled (just as quickly) on a wooden spoon to make cornucopias, which in turn are filled with whipped cream.



Crudités never looked so good: a wide selection of the freshest possible, artfully arranged around a dish of Creamy Caraway Cheese Dip. Final touch—a mushroom cap glazed with red madrilene and dots of cream.

An hors d'oeuvre-cocktail buffet was next on the agenda—in the formal dining room. You can see from the picture above that our hostesses outdid themselves. Neither Food Editor Sue Huffman nor I have ever seen such a beautiful spread. We knew, because we had already tested the recipes in the *Journal* test kitchens, that the recipes "worked." What was so special was how everything was arranged. Clearly, this is a group of women who understand that presentation is an important strategy to any party's success. To highlight some of the most artfully done foods, we show closeups around the main picture on this page. Fruit daiquiris were the drink, combining limeade concentrate, rum and strawberries (bananas or peaches are alternatives). Most impressive of all was the fact that nothing on the table depended for effect on expensive ingredients. Just imagination.

The Tuscaloosa Junior League works to support an impressive number of local good works—with both funding and volunteer efforts. Reading and learning disabilities are one concern, child abuse another. A Punch and Judy Players troupe and a Volunteer Action Center were started by the League, and the list goes on to include hospital and library work, flower and art shows and meals on wheels.

The Moody-Warner House, where we photographed, dates from the early 19th century and is a must for visitors interested in meticulous restoration and authentic period furnishings. Usually open only on weekends, the House will be open the entire week of April 5-12 for Tuscaloosa's annual Heritage Week, a time for other big doings in the city.

To order a complete copy of *Winning Seasons*, check the coupon on page 36. To sample recipes, turn the page.—JOHN STEVENS

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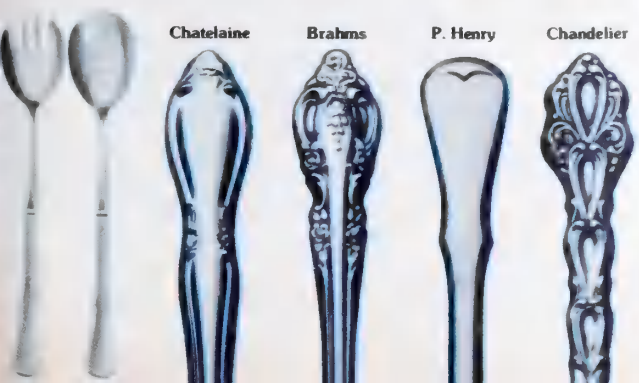
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WINNING SEASONS

continued

All pictured on pages 33 and 34

STRAWBERRY BREAD

2 packages (10 oz. each) frozen strawberries, thawed
4 eggs
1¼ cups salad oil
3 cups all-purpose flour
2 cups sugar
3 teaspoons cinnamon
1 teaspoon baking soda
1 teaspoon salt
1 cup chopped nuts

Preheat oven to 350°F. Grease and flour two 9x5-inch loaf pans; set aside. In medium bowl stir thawed strawberries, eggs and oil. In large bowl combine flour, sugar, cinnamon, baking soda, salt and nuts. Add strawberry mixture to dry ingredients and stir just until blended. Pour into pans. Bake 1 hour or until toothpick inserted in center comes out clean. Makes two loaves, about 195 calories per ½-inch slice.—*Mrs. William Tucker (Harriet Belle Little)*

WEIDMAN'S BLACK BOTTOM PIE

14 gingersnaps (1⅔ cups fine crumbs)
5 tablespoons butter or margarine, melted
2 cups milk
4 eggs, separated
1 cup sugar, divided
4 teaspoons cornstarch
2 squares (1 oz. each) unsweetened chocolate, divided
1 teaspoon vanilla extract
1 envelope unflavored gelatin
¼ cup water
¼ teaspoon cream of tartar
2 tablespoons whiskey
1 cup heavy cream, whipped

Preheat oven to 300°F. Crush gingersnaps in plastic bag into fine crumbs. Combine crumbs and butter or margarine in 9-inch pie plate. Pat against bottom and sides of plate. Bake 10 minutes. Cool.

Scald milk. Pour into top of double boiler. Beat egg yolks. Pour a little hot milk into egg yolks, then pour yolks back into hot milk, stirring constantly. Combine ½ cup sugar and cornstarch. Add to milk mixture and cook over simmering water, stirring occasionally, 20 minutes or until mixture coats spoon. Remove from heat but keep custard over hot water in double boiler. Remove 1 cup of custard; add to it 1½ squares chocolate and stir until melted. Add vanilla and pour into prepared crust. Chill until set.

Meanwhile, sprinkle gelatin over water. Let stand 3 minutes. Add to remaining hot custard, stir until gelatin dissolves; cool. Beat egg whites with cream of tartar until foamy. Add remaining ½ cup sugar gradually and beat until egg whites hold stiff peaks. Add whiskey. Fold into custard. As soon as chocolate layer sets, add custard. Chill until set. Spread whipped cream on top. Garnish with shaved and sprinkled remaining ½ square of chocolate. Makes 10 servings, about 400 calories each.—*Mrs. Harry Marrs*

OLD-FASHIONED LANE CAKE

Cake
1¼ cups butter or margarine
2 cups sugar
6 egg whites (save yolks for filling)
1 teaspoon baking soda
1 cup buttermilk
4 cups all-purpose flour
Filling
6 egg yolks
3 whole eggs
2 cups sugar
½ cup butter or margarine
1 package (12 oz.) seedless raisins (grind, if desired)
1 can (4 oz.) flaked coconut
4 cups chopped nuts
½ cup bourbon

Cake: Preheat oven to 350°F. Grease and flour four 9-inch cake pans. In large mixer bowl cream butter or margarine and sugar until light and fluffy. Add egg whites one at a time. Dissolve soda in buttermilk. Alternately add flour and buttermilk. Pour evenly into pans. Bake 20 minutes or until cake tester comes out clean. Layers will be thin. Cool in pans on wire racks 10 minutes. Remove from pans and cool completely on wire racks.

Filling: Meanwhile, in top of double boiler combine yolks, eggs, sugar and butter or margarine. Cook over simmering water until thick enough to spread. Add raisins, coconut, nuts and bourbon. Cook a little longer and spread between layers. Makes 16 servings, 755 calories each.—*Mrs. Ronald W. Laycock (Debbie Barton)*

BRANDY SNAPS

¼ cup sugar
¼ cup butter, melted
2 tablespoons light or golden syrup
½ cup all-purpose flour
½ teaspoon ground ginger
½ teaspoon grated lemon peel
4 tablespoons brandy, divided
1½ cups heavy or whipping cream
¼ cup confectioners' sugar

Preheat oven to 350°F. Heat sugar, butter and syrup in saucepan over low heat. Grease cookie sheet. Mix syrup mixture with flour, ginger, lemon peel and 2 tablespoons brandy. Drop by teaspoonfuls on cookie sheet. Leave space between snaps for them to spread (see Ed. note). When they are golden and lacy, after approximately 8 minutes, remove from oven and quickly roll with lacy side outside on handle of a wooden spoon. *(You can make the snaps days ahead and store in covered container.)* When ready to serve, whip cream; add confectioners' sugar and remaining 2 tablespoons brandy. Spoon whipped cream into pastry bag; fill snaps. Makes 16, about 140 calories each.—*Mrs. David Hefelfinger (Virginia Mauney)*

Ed. Note: The snaps will harden quickly, so do not try to bake and roll more than 3 at a time. If you have help, you can try 6 at a time.

ANNE'S WHITE VELVET

1 cup heavy or whipping cream
1½ teaspoons unflavored gelatin
2 tablespoons cold water
¼ cup sugar
1 cup sour cream
Rum or fruit liqueur (about 1 tablespoon)
Fruit of your choice (we used sliced peaches)

(continued)

Winning Seasons contains over 800 recipes on 382 pages. Junior Leaguers of Tuscaloosa, home of the University of Alabama, have compiled recipes ranging from quick and easy to gourmet, from traditional Southern fare to foreign favorites. To order your copy send $8.95 plus $1.50 postage to:
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Junior League of Tuscaloosa, Inc.
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¾ cup shredded mozzarella cheese

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Makes 4 servings.

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WINNING SEASONS

continued

Heat cream over medium heat. Sprinkle gelatin over cold water to soften. When cream is hot, stir in sugar and gelatin until dissolved. Remove from heat. Fold in sour cream; add rum or liqueur. Pour into 4 individual sherbets or stemmed glasses or 2-cup mold. Cover with plastic wrap, chill until set. Serve with fresh, frozen or canned fruit or fruit sauce. Makes 4 servings (4 oz. each), about 380 calories each.—*Martha Moore Warner*

"THE BEST" CHEESE BALL

1 jar (5 oz.) old English cheese
1 package (4 oz.) bleu cheese
1 package (6 oz.) cream cheese
1 tablespoon Worcestershire sauce
⅛ teaspoon garlic powder
⅛ teaspoon bottled red pepper sauce
¼ teaspoon salt
Red pepper to taste
Paprika

Let cheeses come to room temperature. Combine cheeses; add Worcestershire sauce, garlic, red pepper sauce, salt and red pepper. Blend thoroughly with hands. Shape into a rose and sprinkle with paprika, as pictured on page 34. Or, divide cheese mixture into two portions and shape into balls. Roll each ball in mixture of 1 cup chopped pecans and 1 cup chopped parsley. Makes 2 balls or 1 rose, about 60 calories per tablespoon.—*Mrs. George Fields*

MARINATED SHRIMP AND ARTICHOKES

2 cans (14 oz. each) artichoke hearts, chilled
1½ pounds cooked, peeled medium shrimp, chilled
1 egg
¾ cup olive oil
¼ cup salad oil
½ cup wine vinegar
2 tablespoons chopped chives
2 tablespoons chopped green onions
2 teaspoons dry mustard
1 teaspoon salt
¼ teaspoon pepper

Drain and quarter artichokes and combine with shrimp. Beat together remaining ingredients. Pour over shrimp and artichokes; toss. Marinate overnight. Serve with toothpicks. Makes 12 appetizer servings, about 225 calories each.—*Mrs. John C. Boles (Donna Waters)*

MARINATED BROCCOLI

1 cup vinegar
1 tablespoon sugar
1 tablespoon dill seed
1 teaspoon salt
1 teaspoon pepper
1 teaspoon garlic salt
1½ cups salad oil
3 bunches fresh broccoli, cut into flowerets

In jar with tight-fitting lid combine vinegar, sugar, dill seed, salt, pepper and garlic salt. Shake until well mixed. Add oil and shake again. Pour over broccoli in large bowl. Toss, cover and marinate 24 hours, turning several times. (Use non-metallic bowl with seal-tight top for added convenience in mixing.) Makes 60 appetizer servings, about 60 calories each.—*Mrs. John D. Cade (Virginia Duckworth)*

CREAMY CARAWAY CHEESE DIP

½ cup butter or margarine, softened
1 package (8 oz.) cream cheese
1 tablespoon finely chopped onion
2 teaspoons paprika
2 teaspoons caraway seed
1 teaspoon dry mustard
¼ teaspoon salt
Freshly ground pepper
¾ cup sour cream
Crudités: cauliflower, carrots, celery, cherry tomatoes, cucumbers, mushrooms

Cream butter or margarine in mixer bowl. Add remaining ingredients except Crudités. Refrigerate 2 hours or until firm. Serve with Crudités. Makes 2 cups, about 65 calories per tablespoon without vegetables.—*Mrs. Howard Burchfield (Judy Forsyth)*

SPICY PECANS

½ cup butter or margarine
2 pounds (8 cups) pecan halves
Onion salt
Freshly ground pepper

Preheat oven to 275°F. Melt butter or margarine in large iron skillet. Add pecans and toss to coat well. Sprinkle generously with onion salt and pepper. Continue to toss gently a few minutes. Bake about 20 minutes, or until pecans are crisp. Delicious served hot or at room temperature. Makes 8 cups, about 220 calories per ¼ cup.—*Mrs. Peterson Cavert (Mary Beth Wear)*

ZUCCHINI PIZZAS

1 large zucchini
Salt
For each zucchini slice:
1 tablespoon pizza sauce
1 teaspoon chopped black olives
1 teaspoon minced green onion
2 tablespoons grated mozzarella, Monterey Jack or other white cheese

Preheat broiler, placing rack about 5 inches from heat. Cut zucchini diagonally into slices ¼ inch thick. Salt lightly. Place slices on cookie sheet and add, in order, pizza sauce, olives, green onion and cheese. Broil until cheese is melted and bubbly, about 4 to 5 minutes. Zucchini should be crisp. Number of servings depends on size of zucchini. About 65 calories each.—*Rebekah Ball Embrey*

ASPARAGUS ROLL-UPS

20 slices white bread
1 package (3 oz.) bleu cheese
1 package (8 oz.) cream cheese
4 dashes Worcestershire sauce
20 asparagus spears (cooked, if fresh or use 2 15-oz. cans)
¾ cup melted butter

Preheat oven to 350°F. Trim crusts from bread and flatten with rolling pin. Blend cheeses until smooth. Add Worcestershire sauce. Spread evenly on each slice of bread. Drain asparagus on paper towels. Roll one spear of asparagus in each slice of bread. Dip in butter to coat evenly, or brush butter over roll. Place on cookie sheet, side by side, seam side down. Bake 15 to 20 minutes, or until browned and crisp. Cut in thirds and serve hot. Makes 60, about 60 calories each.
Ed. Note: Rolls can be frozen before baking. Freeze on cookie sheet; place in bags in freezer. When ready to serve, slice into thirds; bake at 400°F. 10 minutes. Reduce heat to 350°F., bake 15 to 20 minutes more.—*Suzanne Augusta "Sissy" Herrod*

CHICKEN CURRY CREAM CHEESE BALL

1 package (8 oz.) cream cheese
1 cup cooked, finely chopped chicken
¾ cup almonds, toasted and finely chopped
⅓ cup mayonnaise
2 tablespoons chutney, chopped
1 tablespoon curry powder
¼ teaspoon salt
Chopped parsley or flaked coconut

In large bowl mix cream cheese, chicken, almonds, mayonnaise, chutney, curry and salt; chill several hours. Shape into ball. Roll in parsley or coconut. Makes 1 large cheese ball, about 55 calories per tablespoon.—*Mrs. Carl Adams, Jr. (Jean Anders)*

CRABMEAT MOLD

2 envelopes unflavored gelatin
¼ cup water
1 can (10¾ oz.) condensed cream of shrimp soup
3 packages (3 oz. each) cream cheese, softened in mixer
1 small onion, grated
1 tablespoon Worcestershire sauce
¼ teaspoon salt
1½ cups crabmeat
1 cup chopped celery
1 cup mayonnaise
1½ tablespoons lemon juice
2 teaspoons bottled red pepper sauce
Crackers

Sprinkle gelatin over water; let stand to soften. In saucepan warm soup; add gelatin, stir until dissolved. Stir in remaining ingredients except crackers. Adjust seasoning. Pour into oiled, 1-quart fish or ring mold. Cover; refrigerate for at least 6 to 8 hours. Serve with crackers. Makes about 16 servings, about 50 calories per tablespoon without crackers.—*Bert Wear*

RUTH ANN NEILSON'S SPINACH DIP

2 packages (10 oz. each) frozen chopped spinach
½ cup butter or margarine
¼ cup chopped onion
¼ cup all-purpose flour
1 can (5.3 oz.) evaporated milk
1 package (6 oz.) jalapeño cheese, grated
Salt to taste
2 tablespoons Worcestershire sauce
Corn chips

Cook spinach according to package directions. Drain well reserving ½ cup spinach juice; set aside.

Melt butter or margarine in large skil-

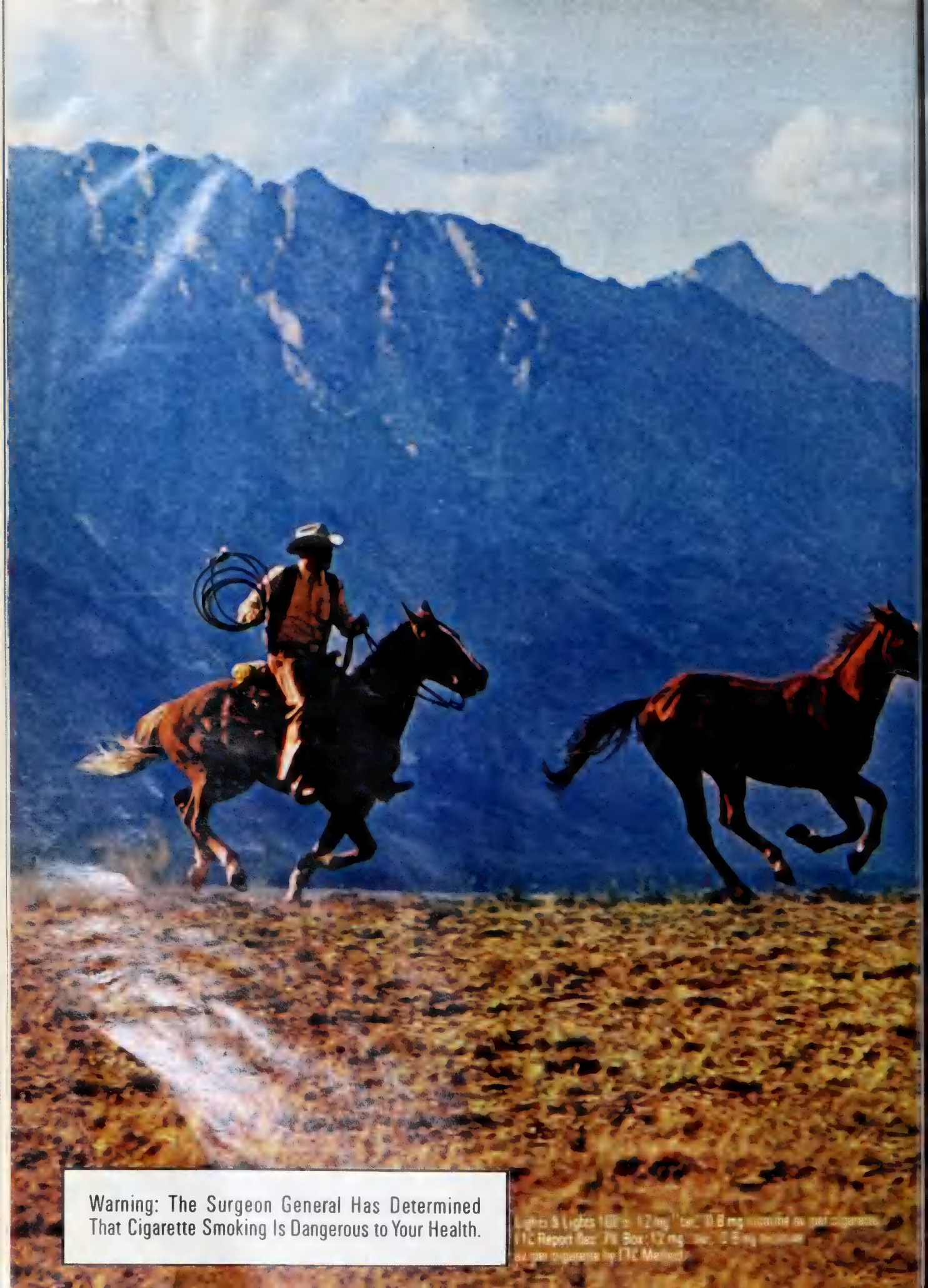
(continued on page 42)

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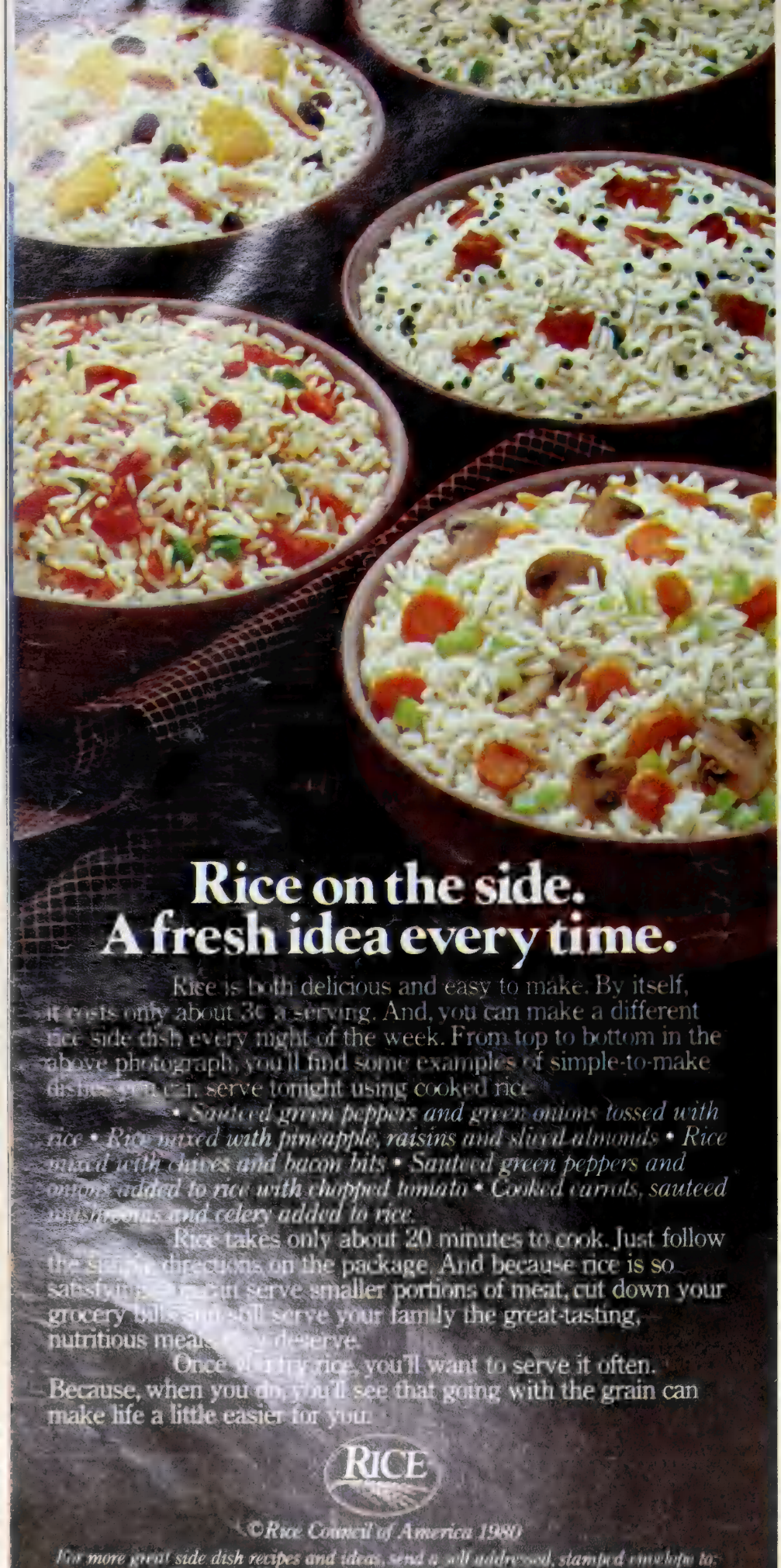
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WINNING SEASONS

continued

let. Add onion and sauté until soft. Add flour, milk and spinach juice. Continue to cook and stir until thick. Add cheese and spinach, then add salt and Worcestershire sauce. Serve hot in chafing dish with corn chips. *(Can be made ahead. Freeze; reheat in double boiler.)* Makes 3½ cups, about 30 calories per tablespoon without corn chips.—*Mrs. David M. Cochrane (Mary B. Tompkins)*

PARTY MIX

1 package (10 oz.) frozen chopped broccoli
1 package (3 oz.) dried pastrami
1 can (16 oz.) tomatoes
2 heaping teaspoons chili powder
2 tablespoons Worcestershire sauce
4 eggs, beaten
1 pound pasteurized-process cheese spread
Toast, cocktail bread slices or crackers

In saucepan heat broccoli, pastrami, tomatoes, chili powder and Worcestershire sauce. Add eggs and cook until thick. Transfer to double boiler and add cheese. Cook until cheese melts and thickens. Serve in chafing dish with toast, favorite bread, or crackers. Makes 4 cups, about 20 calories per tablespoon.—*Mrs. William J. Stack, Jr. (Leckie Kern)*

EASY FROZEN FRUIT DAIQUIRIS

1 can (6 oz.) frozen limeade concentrate
6 ounces (¾ cup) light rum
2 very ripe bananas or 1 pint ripe strawberries or 1½ to 2 cups peeled and sliced ripe peaches
10 to 15 ice cubes

In blender container pour limeade concentrate and rum; blend 5 seconds. Add fruit slowly and blend until puréed. Add ice cubes, one at a time, until mixture reaches desired slushiness and dilution. Freeze. Makes 6 to 8 servings, about 175 calories per 6, 135 calories per 8.—*Mrs. Peterson Cavert (Mary Beth Wear)* **End**

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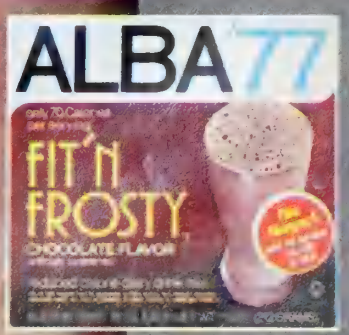


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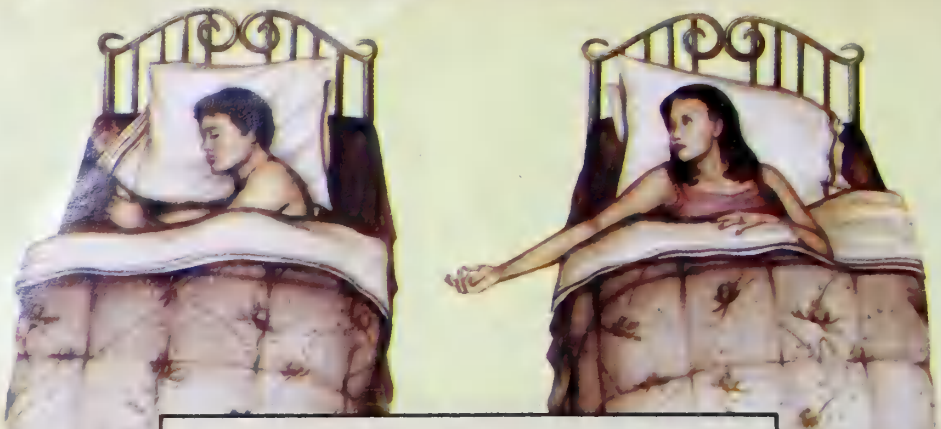
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When The Fire Goes Out

Millions of couples are making love less often than ever. The experts tell you why . . . and what can be done to rekindle desire.

By Vicki Donaldson

Is everybody enjoying a surfeit of sexual activity these days? Yes, if you believe TV and the movies. No, say the experts, warning that conflicting emotions and increasingly demanding lifestyles are consigning more and more couples to a state of sexual limbo. "I'm tired," "I'm just not in the mood," or the old cliché, "I have a headache," are being used by scores of both husbands and wives to signal a lack of desire that is most often the result of underlying marital troubles.

Typically, the desire diminishes without any obvious cause. When Ellen and Eric Schmidt married five years ago, they made love eagerly and frequently. Gradually, however, Eric's enthusiasm for sex ebbed, and love-making sessions dwindled to once a week, every other week and, finally, once a month. Sometimes, in despair, Ellen would beg for affection. Once, in a trembling voice, she asked if there were another woman, but Eric said no. He wasn't having an affair. He just didn't have much interest in making love anymore.

Cases of waning passion like Eric's seem almost epidemic these days. Dr. John F. O'Connor, a New York psychoanalyst, says that 70 percent of the patients who have come to him for sex therapy over the last three years have described a flagging of desire. In previous years, he reports, the figure was less than ten percent. Other therapists are struck by similar findings. Dr. Harold I. Lief, director of the Marriage Council of Philadelphia, says that low drive is the number one complaint of women patients in sex therapy, and an almost equally common complaint among men. *(continued)*

Illustration by Karen Kluglein

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When the Fire Goes Out

continued

Who is likely to suffer from what experts call "inhibited sexual desire"? Typically, a middle or upper-middle class married man or woman with one or two children. The person gradually stops initiating sex and eventually, like Eric Schmidt, begins to reject any overtures as well. By no means is the person physically incapable of having sex. "The men are not impotent," says Manhattan sex therapist Shirley Zussman. "And when the women have sex, they are usually orgasmic. They just don't want to get started."

Quality not quantity

Actually the low desire syndrome is probably not as new as it seems. Today's sexual candor may have simply brought an age-old problem out of the closet. "Woman have become more aware of their sexuality and more open about it," observes Dr. Maj-Britt Rosenbaum, supervising psychiatrist at the Center for Human Sexuality of Montefiore Hospital in New York. "They're now willing to talk about not being satisfied in bed."

In one way this raising of sexual consciousness has backfired, however. "An achievement-oriented way of looking at sex often has a negative effect on the partner," warns Shirley Zussman. "One man told me: 'Sex has become so surrounded by rights and wrongs that I am losing interest rapidly.'" People get anxious, she says, when love is related to performance rather than to good feelings.

The glorification of sex, especially in the media, also can create false concerns. Dr. Rosenbaum recalls one couple who had been married for 15 years. "They shared a lot," she says. "The two traveled, took courses, went to the theater. They really enjoyed sex, but only made love once every two weeks." The couple asked her if something was wrong with them, if they should be making love more frequently. Dr. Rosenbaum assured them that their twice-monthly pattern was perfectly fine for them.

Many people believe that "normal" couples make love two or three times a week. Therapists, however, debunk the frequency myth, stressing that quality not quantity is what really matters. Infrequent sex is not troubling as long as both a husband and wife are satisfied. In fact, the majority of marriages go through sexual highs and lows as a matter of course. A Canadian study of 365 husbands and wives, most between the ages of 20 and 39, revealed that one third experienced periods with no sex. They abstained for an average of eight weeks, mostly because of marital discord. "There are many situations when it's natural to be asexual," says Dr. Helen Singer Kaplan, director of the Human Sexuality Program at New York Hospital-Cornell Medical Center, "but if the lack of passion lasts longer than a month or two, something is definitely wrong."

Prolonged asexuality can undermine a marriage. The rejected spouse starts feeling hurt, undesirable and angry. In desperation, he or she pressures the partner with low drive who then feels humiliated and, like a cornered animal, reacts defensively. "Each person is protecting himself," Dr. Rosenbaum explains. "They're both building up shields and throwing little arrows. Soon their relationship grows more and more warlike."

"Crying in the bathroom"

Denise, a 30-year-old nurse, knows the pain of rejection. After four years of marriage, she began to notice that her husband, Mark, was losing interest in sex. Their lovemaking deteriorated from several times a week to a single monthly session. Denise's self-esteem plummeted until she came to believe that *she* was to blame for their marital problems.

"Mark would say his attitude wasn't necessarily unusual," she explains. "He didn't seem to be at all upset. When we did make love, which was always at my suggestion, sex seemed normal. He had



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an orgasm, I had an orgasm, and he would say he enjoyed the experience. That was his basis for saying he didn't have a problem.

"I was sexually frustrated and emotionally upset," she continues. "Many nights I spent crying in the bathroom. He would hear me and try to comfort me, but my despair absolutely permeated the relationship. Sure, we went to the movies and saw friends and laughed together, but you can't forget the hurt. A lot of anger was never directly dealt with, so it always came out in put-downs.

"Maybe I could have let the matter drop, but instead I kept complaining. My anger always came out in bed after he turned me down. I would talk about how I felt, and I think he was consumed with guilt. His rejection made me feel fat and unattractive—and grasping, and over-demanding, as though my needs were insatiable."

When the husband is the rejected partner, the consequences can be even more devastating. "Men's egos are more fragile," observes Dr. O'Connor. "In our culture, the man is supposed to 'run' sex and be able to bring any woman to orgasm, or at least make her sexually interested. Now that women are insisting on the right to say no, he has to readjust his self-image from John Wayne to Mr. Peepers."

Some men who are turned down react angrily, others begin over-drinking or working excessively. Many launch careful seduction campaigns to woo their own wives. Others, says Shirley Zussman, develop episodes of impotence. One man explains: "If I'm impotent, I don't have to be rejected. It's my last sanctuary."

In some cases, the spurned partner may look elsewhere for gratification. He or she might start flirtations or even take a new lover. That, however, is not always true. In fact, says Dr. O'Connor, most of the people in marriage counseling or sex therapy do not have outside liaisons of any kind. "The lack of affairs in these situations is amazing," he says. "The general pattern is for the rejected partner to turn to masturbation for awhile, and then eventually to lose sexual interest."

What causes low sexual desire in the first place? Many couples mistakenly assume that the mad attraction felt early in marriage naturally ebbs over time. Dr. O'Connor points out that in a good marriage, the opposite can be true. The frenetic, youthful passion evolves into a richer, even more satisfying experience. "The sexual relationship mellows," he explains. "There is more respect, more trust and more consciousness of the partner. Making love comes to have a deeper meaning." In unhealthy relationships, however, hidden hostility makes physical contact less and less appealing.

"The usual pattern for couples is a slow building up of negative feelings that are not aired," says Dr. Rosenbaum. Instead, the resentment festers. Dr. Rosenbaum treated one 40-year-old woman who felt her husband had let her down. "He made a schoolteacher's salary," Dr. Rosenbaum explains, "and she had to work to send the kids to college. She was angry at him for not being the prince in shining armor she thought she had married. She wanted fur coats and vacations in Jamaica, but instead she had to work all the time." As a result, the woman felt no desire to have sex with her husband, and she complained of migraine headaches and other physical ailments.

Boredom and depression

On the other hand, boredom—also called the seven-year itch—may seem to be the culprit. "I see couples who get stuck in a single pattern," says Dr. Rosenbaum. "One woman complained that her husband touched her in exactly the same spots every night. He would go through a set routine—one, two, three, four."

Often, says Dr. Rosenbaum, boredom is a cover-up for a midlife lag. In a study of 100 married men aged 17 to 74, the Phoenix Institute in California found a perceptible drop in sexual activity among the 37 to 46 year olds, and *(continued on page 50)*




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When the Fire Goes Out

continued from page 47

a resurgence of sexual interest in the 47 to 56 age group. The reason for this phenomenon is probably that during a couple's 30s and 40s, their marriage enters a stage of unexpected pressures. The children are usually in school and the wife may want to return to work. As she moves beyond the roles of wife and mother, says Dr. O'Connor, her husband begins to resent her for no longer taking care of him. Also, in this period the husband often faces mounting financial demands or realizes he has reached a career plateau. "He believes he has to be the breadwinner," says Dr. O'Connor, "and in this day and age, most providers feel they're falling short." These mid-life changes often produce depression, which is one of the most common causes of a total sex-drive loss. The patient is attracted to no one, doesn't feel like masturbating and has no sexual fantasies.

A 35-year-old stockbroker became depressed when he was suddenly fired. His symptoms were classic: He walked and talked slowly, experienced sleeplessness and lost his sex drive. "I feel almost as if I'm paralyzed. I just can't make love," he told his wife. "If you want sex, you're going to have to ask for it."

Such a total lack of desire is called "sexual anorexia." If depression is the cause, antidepressant medications may lift the person's mood and sexual desire will return. Dr. Kaplan points out, however, that anorexia also can result from several factors including severe stress, hormonal disorders, high doses of sedatives or alcohol, and certain drugs that are used to treat hypertension.

How to get help

Many couples, says Dr. Lief, "do not deal with their marital difficulties by communicating more effectively, or by going for help—until the problem has been established for a long time." This is unfortunate, because when inhibited desire is caught early enough, it can often be "cured." In weekly counseling sessions, the sex therapist attempts to open up communication beteween husband and wife. In addition, the couple is given a series of exercises to practice at home. Their first assignment might be to shower together and massage each other without touching the breasts and genitals. Next, they might explore the genitals, but not for sexual arousal. Step by step, they progress to greater sexual involvement. The idea behind the exercises is to remove the pressure to perform.

Still, Dr. Rosenbaum cautions, there is no guarantee of success. If low desire is caused by sexual dissatisfaction, a lack of communication, stress, depression or a job change, it may return quickly. "The trickier cases," she says, "are those that involve deeper levels of the relationship, such as anger or disappointment that has been building up for years." For these couples, extended psychotherapy in conjunction with the sex therapy is often necessary.

For some people, though, all that's keeping them apart is shyness about expressing sexual needs and preferences. Sheer physical attraction may carry a couple through the early years of lovemaking. Then the novelty wears off and the lack of communication shows—especially with women who were taught that "good girls" don't talk about what turns them on. Many women, says Dr. Lief, are not adequately stimulated before intercourse—but most of them just never complain.

Some women are afraid their husbands can't handle sexual criticism. After two years of marriage, Janet Carpenter found that she never felt like making love with her husband, Carl. For months she avoided sex, insisting only that she wasn't in the mood. Finally, Carl asked her why and Janet blurted out the truth. "I never really enjoyed sex because you always ejaculate too quickly," she confessed. "I was always afraid you'd be destroyed if you knew."

But Carl wasn't destroyed. Together they consulted a sex therapist who taught them special exercises to help Carl delay ejaculation. "After about six weeks, Carl was in control and our sex life was regular again," says Janet. "In fact, it was better because the therapist gave us an opportunity to talk openly about our sexual likes and dislikes."

Carl was grateful, too. "Now making love," he says, "is like doing it again for the first time." **End**

SELF-HELP TIPS

Couples can do a lot themselves to rejuvenate their sex lives. Here are a few practical hints from Dr. O'Connor:

1. Sit down and talk about the problem—but not in the bedroom. "The bedroom should be associated with pleasure, not with shame and humiliation," Dr. O'Connor warns. Also, never discuss sexual problems after a few drinks; your judgment is impaired and you may have a fight.

2. Learn the right way to talk. Don't approach the subject with accusations such as "*You* did this," or "Why can't *you* do better?" that put the other person on the defensive. Consider using the Masters and Johnson technique of beginning all statements with the pronoun I. For instance: "*I* feel very bad because things aren't working out for *us*." Remind the other person that you love him, and want him to be happy.

3. Don't push. Men should not try to elicit orgasms from their wives, women should not nag their husbands to have sex, nor should they suddenly start appearing in sexy negligees—a move that may be viewed as a demand. "Touch in bed, snuggle, rub legs while you're watching TV," says Dr. O'Connor. "The partner should be made aware that the goal is not intercourse."

4. Get a good book on sexuality and familiarize yourself with your bodies. You may want to experiment with new positions.

5. Each partner should make a list of ten things he or she would enjoy in bed. The couple should read each other's lists, and then discuss what they have learned. "Don't criticize each other," Dr. O'Connor advises. "People have to tell each other what they want. Many couples feel that this is mechanistic, that sex should flow. It doesn't."

6. Sex can be planned. Talk about it before going out to dinner, or decide to get home a little earlier from a party.

7. If you have children, install a lock on the bedroom door.

8. When you definitely don't feel like having sex, don't. If your partner wants to and you feel neutral, however, *do* make love. "The neutral feeling can become a trap—it can turn into a pattern in marriage," says Dr. O'Connor. "You don't really need to feel desire at that very moment in order to be aroused and have a pleasurable interlude."

9. If your own program does not work within five or six months, seek professional help. Check with a teaching hospital, medical school or university to help you locate a reputable sex therapist.

10. Above all, do not expect your partner to be the paragon of sexuality. "There's no such thing as a great lover," says Dr. O'Connor. "When two people work together to sort out their differences, what often results is the most rewarding sexual experience of all."

IF APRIL FAILS

By Don Manker

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What Every Woman Should Know about Breast Disease

You know by now that you ought to examine your breasts regularly—but if you're like most of us, you avoid the chore out of sheer fear. (What if I do find a lump? I'd rather not know!) That's why LHJ has asked Dr. R. Robinson Baker, director of the Breast Clinic of Johns Hopkins Hospital in Baltimore, to dispel your anxiety. After all, when breast cancer is discovered early, in 85 percent of the cases, it can be completely cured. Then, too, not every lump or other abnormality is attributable to cancer. Here, Dr. Baker, with Gael MacDonald Wood, provides some reassurance and information that could save your life.

Q

How often should I examine my breasts?

A

Check your breasts every month. The best time is ten to 14 days after your period starts. That's when your breasts are the least full and tender.

Your monthly self-examination should begin in the shower or bath. Wet, soapy skin makes finding lumps easier.

Next, observe your breasts in the mirror. Place your hands behind your head and press your elbows forward. Then, with elbows out, press hands firmly on the hips and bring your elbows and shoulders forward again. These movements will emphasize any change in the shape or contour of your breasts. Look for any unusual swelling, puckering or dimpling of the skin. Do you find a firm node or uncomfortable mass inside or below your armpit? Now, examine your nipples and areolas. Are there recent signs of nipple inversion? Is there a whitish scale, skin irritation or unusual discharge?

The most thorough part of the exam should be done lying down. Place a pillow under the shoulder of the side you are examining and put that same hand behind your head. Use your fingertips from the opposite hand to feel around the entire breast area. Also examine around and below the armpit. Finally, squeeze the nipple gently to check for any discharge.

Find out what's normal for you. For some women, feeling benign, noncancerous lumps in their breasts during certain stages of their menstrual cycle is "normal." A very low percentage of lumps are actually malignant. If you do notice any persistent mass or change in your breasts, see your gynecologist or family physician. Then you can be referred to a specialist if necessary.

For more information on breast examinations, ask your doctor for a demonstration. Also, write to the American Cancer Society, 777 Third Avenue, New York, N.Y. 10017, or contact the Office of Cancer Communications, National Cancer Institute, Bethesda, Md. 20205, and ask to receive publication #80-2000.

Q

Is any discharge from the nipple a sign of trouble?

A

Not necessarily. Again, learn what's normal for you. Many women have an occasional colorless or milky discharge from their nipples. However, if the color or amount of these secretions changes, a doctor should be informed.

Secretions can indicate various problems. Certain milky discharges, for example, may mean a disorder in your endocrine gland or may be a normal side effect from a medication. Some tranquilizers, antidepressants, oral contraceptives and hypertension remedies can cause such a reaction, and you should tell your doctor immediately.

Sometimes the color of the secretion offers a clue to the disorder. An inflammation in the duct system often results in a viscous, colored or yellow-green discharge. Any bloody or pinkish secretion—especially from only one breast—may mean a malignancy. Both conditions should be checked by your doctor immediately. Also, contact your physician about any ulceration of the nipple accompanied by a burning sensation or itchy discomfort.

Q

I have two moles on one breast. Should I have them both removed?

A

Skin blemishes on the breast are not usually serious problems. Moles or beauty marks should be removed only if they itch, bleed or change dramatically in size or color. If your clothing constantly irritates them, these blemishes should also probably be removed. A simple procedure, mole removal can often be done under local anesthesia in your doctor's office.

Q

Why are my breasts always so swollen and tender just before my period? Does that mean I have fibrocystic disease?

A

A common condition, this swelling and tenderness often occurs at ovulation and continues for the two weeks before the period begins. As a woman approaches the first day of her period, the symptoms become more severe, but then usually subside at the onset of the menstrual flow. This discomfort is probably due to a hormonal imbalance—either too much estrogen or too little progesterone—which causes the breasts to accumulate water.

In addition to sore and *(continued)*

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Breast Disease
continued

swollen breasts, some women also develop lumps, nodules or hardenings, especially the week before their period starts. Doctors call this condition "fibrocystic breast disease," a catchall term for any number of changes in a woman's breasts before or during her period. These more serious symptoms may be caused by scar tissue, multiple cysts or growths within the duct glands.

Minor pain and tenderness can often be relieved by wearing a comfortable, supportive bra and taking aspirin or aspirin-related compounds. Restrict your salt and fluid intake the week before your period to avoid retaining water. Use diuretics for this purpose only under a doctor's supervision.

If you show significant symptoms of fibrocystic disease, including lumps, avoid chocolate, coffee, tea and cola drinks. These all contain xanthine, a substance that may aggravate the formation of such cysts. Also, daily supplements of vitamin E may help the lumps disappear. Your doctor can prescribe drugs to control the hormonal imbalances.

Since fibrocystic breast disease is so prevalent, it's difficult to tell if the condition is directly linked with an increased risk of breast cancer. Women who have multiple cysts are slightly more prone to developing malignancies.

Are breast enlargement operations dangerous? Do they increase the risk of cancer?

The basic operation performed today is quite safe, although any surgery and anesthesia carry some risk. The most common procedure involves the insertion of a soft, cushiony bag filled with silicone gel between the breast and the chest wall. Under no circumstances should a woman allow liquid silicone to be injected into her breasts, a dangerous practice outlawed in the U.S.

Be an informed consumer when you decide to have the surgery. Ask your plastic surgeon how much bigger your breasts will be after the operation. Most doctors recommend enlarging them no more than one cup size. Otherwise, the skin may be overstretched, or appear too firm and unnatural. If you think you may want to breast-feed in the future, tell your doctor. In most cases, mothers can nurse successfully following a breast enlargement, but sometimes the milk ducts are cut.

The operation does not increase the risk of developing cancer. In fact, detection is easier because the breast tissue is splayed out over the implant and lumps can be felt more readily.

Can a blow or injury to the breast cause cancer?

No, that's an old wives' tale. After a painful blow to her chest, a woman may become more aware of her breasts. She may notice a lump and attribute it to the blow, but the mass was probably present before the accident. To date, we have no medical evidence that a repeated injury or irritation to the breast is linked to breast cancer.

Who has the greatest risk of developing breast cancer?

The average American woman has a seven percent chance of developing breast cancer, but certain people are more prone than others. Breast cancer is unusual in women under 40 years of age. The incidence begins to rise in the early 40s, but it continues to be relatively uncommon prior to age 50. The majority of breast cancers are encountered in women between the ages of 55 and 60.

Any woman whose mother or sister had breast cancer before age 45 has a 20 percent chance of developing the disease herself. If several members of your family have been afflicted with other types of cancer, you are a high-risk candidate. If you have had any type of cancer, take special precautions too. Multiple chest X rays can also predispose you to cancer.

If you are childless or gave birth to your first baby after age 30, you are slightly more prone to breast cancer than women who had children early. A history of fibrocystic breast disease and hypothyroid conditions can weigh against you.

Breast cancer is more common in overweight women. In part that's because diets high in saturated fats seem to promote the disease. Also, detecting lumps in large-breasted women can be difficult, especially when the masses are buried deep in the tissue.

What are some guidelines for early detection of breast cancer?

First of all, tell your doctor about any history of cancer—breast or any other type—in your family. Then you and your physician can decide whether special precautions are necessary.

Personally, I suggest that all women under 35 should examine their breasts once a month and have a physician or gynecologist check them annually. After 35, you should see your gynecologist during the first six months and your family physician within the last part of a year. If you are in a high-risk group, consider more frequent visits. I see some more susceptible patients three times a year.

Are mammograms safe?

In general, yes. But they should not be performed routinely in women under 50 years of age. Two basic techniques are available: a standard X ray of the breast (mammogram) or an X ray developed by the Xerox technique (called a xeroradiogram). Either type of X ray offers an effective means of detecting breast cancers, particularly small tumors that cannot be felt or do not yet constitute malignancies. As a rule, tumors detected by X rays tend to be smaller than those found manually, which is why the prognosis is often better.

All mammography exposes the breast to radiation—though a xeroradiogram results in less exposure than a conventional X ray. The effects are cumulative, and multiple X rays have been known to cause breast cancer. That's why they're used infrequently in women under 50.

These X rays are not always entirely accurate. For unexplained reasons, 15 percent of the tumors that can be detected manually do not show up on mammograms. X rays of younger women's breasts tend to be even less precise, because the tissue is often too dense to give a clear picture.

Many doctors recommend that you have a baseline mammogram in your late 30s when you are in perfect health. This record can be used later to compare and interpret subtle changes in your breasts. No one under 35 should have a mammogram except under unusual circumstances.

Here are some general guidelines proposed by the American Cancer Society. You should have a mammogram:

- Between 35 and 39 when there is a family history of breast cancer.
- At ages 40-49 if there is a family history of breast cancer or if your doctor thinks a baseline mammogram is desirable.
- At 50 or over, since an annual mammogram may be desirable.

Is there any other test used to detect tumors and abnormalities?

Thermography, which records the breast's heat patterns, is presently being tested. The technique has no known side effects and detects tiny tumors and cysts that cannot be found manually. A thermogram, however, picks up any minor aberration and leads to many false alarms. For this reason, the technique may prove most valuable as a preliminary screening test, followed up with a mammogram for more specific information.

If a mammogram indicates a trouble spot, what's the next step?

A biopsy will be performed to obtain a specimen of the tumor, which will then be diagnosed by a pathologist. Only one tumor in ten is malignant.

At this stage, you should only be required to give written permission for a biopsy authorization. Ask your doctor for clarification of this point. If you are pressed by the doctor to give authorization for extensive surgery, you may want to find another physician.

If a malignancy is found, you probably don't have to undergo immediate surgery. You might choose to get a second opinion, and then discuss alternatives with your own doctor and your family.

If my biopsy indicates breast cancer, what treatments are available?

You must discuss this at length with your doctor. Treatment depends on the type and location of your tumor, the stage at which the disease is discovered, your age and your medical and psychological health. *(continued)*

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Breast Disease
continued

Removal of the breast, an operation led a mastectomy, may be required. ere are basically five different types of stectomies, ranging from extensive to nimal surgery.

tended Radical removes the breast, st muscles, lymph nodes in the armpit l internal mammary chain of lymph des.

lsted Radical removes the breast, un-rlying chest muscles, lymph nodes in npit.

odified Radical removes the breast and nph nodes in armpit.

mple or Total removes the entire east.

mpectomy (Tylectomy) removes only tumor and a margin of surrounding sue. The breast remains intact. This ocedure is still considered controversial some experts.

The trend is clearly towards more con-vative surgery. Extended radical mas-tomies and radical mastectomies are ely necessary. The modified radical stectomy is probably the most reason-e procedure at the present time. mpectomies combined with excision of lymph nodes in the armpit may be as ective.

In addition there are other treatments t may be used in combination with rgery or with each other:

diation is sometimes used alone to at small malignant tumors.

emotherapy uses powerful drugs in nbination with surgery, an effective thod for some patients.

Is it possible to have cosmetically at-ctive breast reconstruction following a stectomy or lumpectomy?

Yes, you can usually expect quite satis-tory results from the latest reconstruc-n surgery techniques. In many cases, metic reconstruction is most successful en the entire breast is removed. There some instances when lumpectomies be more disfiguring than mast-omies, especially for a woman who had a large tumor removed from a all breast.

Although reconstructive surgery is not complicated procedure, many doctors agree on the best juncture to have the eration done. Some surgeons prefer to reconstruction immediately following mastectomy, while I personally think get better results if the cosmetic rgery is delayed for six months. Your stic surgeon may want to confer with doctor performing the mastectomy *fore* the breast is removed.

To obtain more information about re-nstruction, ask your doctor or write to American Society of Plastic and Rec-structive Surgeons, Executive Office ite 800, 29 East Madison Street, Chi-go, Ill. 60602, or call (312) 641-0935. **End**

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FTC Report DEC '79.

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IT'S NOT EASY TO BE A WOMAN TODAY!

"My Son Had to Marry the Girl Next Door"

By Ruth Kemp

My teen-age son, Mark, came into the kitchen one afternoon while I was putting meat loaf in the oven, and began shuffling his feet nervously as he waited for me to set the temperature dial. He certainly had been acting jumpy lately. An enthusiastic student and fine athlete, Mark has always been a quiet, well-mannered boy, and his edginess seemed out of character to everybody. How fortunate that we were planning a family vacation soon, I thought to myself. Mark really needed a break from his demanding schedule of schoolwork and sports.

"Are you and Dad going to be home tonight?" he asked.

"Sure," I answered. "How come?"

"Becky and I have something we want to talk to you both about . . . alone. Will you make sure none of the little kids are around?"

"Okay," I replied. Mark probably wanted to take his girlfriend, Becky, on the family trip to Arizona. That would be fine with me. Becky was as bubbly and outgoing as Mark was reserved, and we were all very fond of her. Ever since they'd met in grade school, the two of them had been inseparable. Both were 17 now, and neither had ever had a date with anyone else. Becky was automatically included in all our family activities, and I had come to think of her as my fourth daughter.

I didn't have a moment more to wonder about what Mark and Becky had on their minds. My husband, Jim, and I have seven children, and every day seems to bring a new set of problems—phone calls from school principals, broken dishwashers, angry neighbors, bruised egos and filthy football uniforms. That afternoon, there was one minor catastrophe after another, and I even forgot to mention Mark's request to Jim when he came home from the office.

When the young couple came to find me after supper, the little ones were already in bed. Jim was reading the newspaper in the den so we all gathered there for our talk.

"Mom, Dad," Mark began with quiet determination, "Becky and I are getting married . . . soon."

Couldn't believe her ears

The word "soon" explained the situation to me immediately, but I just did not want to believe my ears. Mark was my second boy and I had always had reason to be especially proud of him. He was an achiever and success came easily to him. I just took it for granted that he would graduate at the top of his high school class and then go on to college, and play football and study medicine. He and Becky would marry after they had finished school. In my mind, the script was written.

"Of course you're going to get married, Mark," I answered, acting as if I didn't understand what they were trying to tell us. "After college. Maybe even in your junior or sen—"

"No. Soon. Next week. The minute we can," he said.

By now Becky was in tears. Here was the nice, Catholic girl who sang alto each Sunday in the church choir; the high school cheerleader who rooted for Mark at each game. They were such good kids. While so many other youngsters were off drinking and smoking dope, *(continued)*



Enjoy the exotic Italian flavor of this delicious 5-minute side dish—Noodle Roni Parmesano! Tenderthin egg noodles, a blend of Parmesan and Romano cheeses, seasonings and herbs. Noodle Roni Parmesano—a bit of old Italy. From Golden Grain, the makers of Rice-A-Roni.



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It's Not Easy

continued

Mark and Becky stayed home nights making popcorn and watching television.

Not that I'm naive. I had worried sometimes about how exclusive their relationship was. And, of course, I recognized what the natural outcome of any close, loving feeling between a man and a woman was likely to be. But how could they jeopardize their futures this way?

"Mark, what about college?" I asked. "You got a letter from the football coach at the University of Tennessee today."

"Mom, this is more important to me than going to some big school and playing football. *We're going to get married!*"

"Oh, no you're not," Jim exploded, his voice rising with every syllable. "What are you going to do for money? Anyway, you're underage. You can't get married unless we give our written approval."

"Not in other states," Mark retorted, his face as red as his dad's. I was terrified. Would he and Becky storm out of the house? Would we lose our son forever?

My voice quivered as I interjected, "Mark . . . Becky . . . You must realize what a shock this is. Remember how *you* first felt when you found out that Becky was pregnant." They both winced. I knew I had struck a note of truth.

A last hope

Suddenly, a last hope occurred to me. Maybe her period was just a little late. Taking a deep breath, I asked, "Becky, are you *sure* you're pregnant?"

"Yes, I went to the doctor last week. I'm over two months . . . pregnant," she answered, stumbling over the last word.

"Have you told your folks?" Jim asked. She came from a large Catholic family like ours. We knew her parents had taught her the same set of values we'd tried to instill in our kids.

"We just left there. My mom was crying and my dad didn't say much," she said quietly.

"How could you do this to us?" I blurted out. "Why didn't you use something? I know you learned about birth control in school." I couldn't believe how terribly petty I sounded. Yet, in my mind, they had not only hurt themselves, but all of us, as well. What would the neighbors say? My family was the envy of our small town. Jim and I were active members of the church, the city council. . .

My thoughts were racing. But as I saw the pain on their faces, my heart went out to these two vulnerable kids—Mark, not long ago a seed in my womb, and Becky, his childhood sweetheart. My voice softened with love and compassion.

"Mark," I said gently, "we just want you to know that there may be other options besides marriage."

Other options? What were they? Abortion was unthinkable to us as members of our church. How could the word have even entered my mind? I had borne seven children and even demonstrated in our community against the right to abortion.

Was it possible, then, to give up the baby for adoption? Mark and Becky loved each other. Could they live together for the rest of their lives knowing their love child was being raised by other parents? Could I stand never seeing my grandchild? No, adoption seemed out of the question, too.

"Mom, we're not looking for other options," Mark said. "We were stupid to get ourselves into this. But we never thought it would happen to us. I mean, we planned to wait, and then . . . we weren't prepared." He blushed, putting his arm around Becky's shoulders.

"Well, Mark, I am glad to see you're both willing to face the consequences," I answered, with tears in my eyes. Suddenly I felt relieved, even a little proud of them both. Jim had calmed down, too.

"Okay," Jim agreed quietly. "I just hope you know what you're in for. You'll need a lot of courage to get married so young and have a child."

Mark and Becky were married two weeks later in a small ceremony in the church chapel. In seven months Becky gave birth to a fine, eight-pound girl, who was named after my mother, Carolyn Mary. She is my first grandchild and I adore her.

Most of the pain and hardship is behind all of us now. I was gratified that most of our friends and neighbors stood by us during the most trying months of our family's plight. To their credit, both Mark and Becky managed to complete their senior year in high school and have enrolled at the state university. Mark is concentrating on pre-med and Becky on nursing.

Jim and I, along with Becky's parents, have helped the couple pay their rent and college expenses, but I know they go without many things. Mark hasn't played either football or basketball since. He spends all his spare time earning money for his new family. What hasn't changed is Mark and Becky's love for each other.

As for me, I'm no longer writing scripts or mapping out my children's futures. I've learned to let them write their own. I'm sure that makes me a better mother. It certainly makes me a stronger, more loving one. **End**

The February 1981 issue of LHJ carried a story in this space by Bonnie Roush that we entitled "It's Hard to Be the Mother of a Fat Child." Mrs. Roush's original title was "Coping with an Overweight Child," which is, as she has pointed out to us, a more sensitive and caring approach to a delicate issue. We apologize for having inadvertently upset the author and her daughter.

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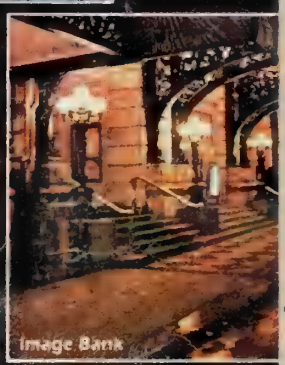
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FOOD JOURNAL



DIET DESSERT

Orange Cream. Combine 1 envelope unflavored gelatin, 2 Tb. sugar, 2 egg yolks and 1⅔ cups skim milk in saucepan. Cook over low heat, stirring until mixture is thick enough to coat a spoon. Remove from heat. Add 2 tsp. grated orange peel, 2 tsp. orange extract, 1 tsp. lemon juice. Chill until consistency of *unbeaten* egg whites. Beat 2 egg whites with 2 Tb. sugar until soft peaks form; fold into gelatin mixture. Chill until set. Top each serving with orange slice. Makes 6 servings, 105 calories each.

STAR QUICKIE

St. Louis Blues Burgers

Sauté ⅓ cup chopped onion in 3 Tb. butter. Stir in 2 Tb. flour and ¼ tsp. salt. Add 1 cup milk, bring to a boil. Add ½ cup crumbled blue cheese. Shape 1 lb. ground beef into 4 patties; broil. Serve on buttered, toasted French bread slices. Top with sauce. Serves 4.

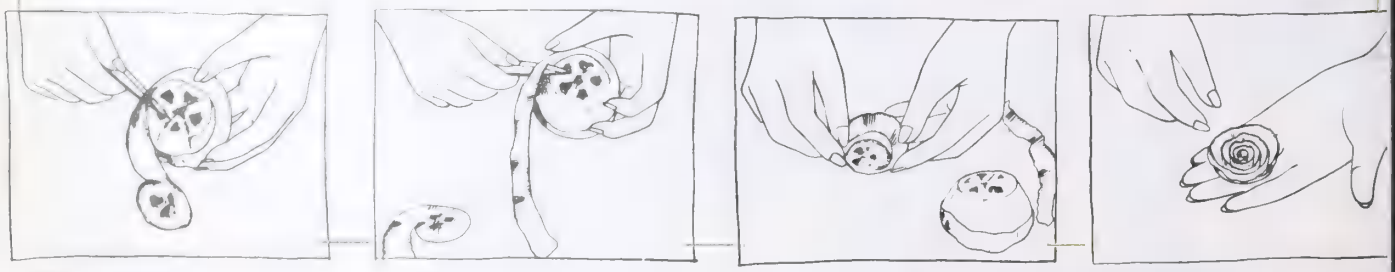


EQUIPMENT ROUND-UP

Corkscrews The satisfying "pop" of a cork is a sound unlike any other—maybe because we anticipate what's to follow. Shown here, some tools to make the task a cinch. Top row, left to right: • Wing corkscrew with cap lifter is a standard favorite. About $3. • One good turn is all it takes with knob-like "De-corker." About $10. • For the purist, nickel-plated corkscrew with wooden handle. Under $1. Bottom row, left to right: • "Portable" corkscrew tucks in picnic basket, pocketbook. Usually a giveaway. • "Waiter's" corkscrew folds up neatly; knife and bottle opener. About $2.50. • "Screwpull," brand-new—effortless, anti-friction coating on screw. About $15. • "Ah-So" Corkpuller, for crumbly or old corks. About $2.25. Shopping info, page 110.

KITCHEN TIP

Tomato Roses: 1. To make a full-blown tomato (or orange, lemon) rose for a garnish, work with a sharp paring knife. Start by cutting off flat base from one end, but keep the skin connected (as shown). Continue cutting a narrow strip about ¼ inch wide, tapering to a point after one full turn around tomato. 2. Next, cut another straight strip as long as the first—about half the tomato skin will be peeled off. 3. Curl the first strip of skin neatly around and around its flat base. Furl second strip into an even tighter roll. 4. Set small roll inside the base to make the center of the rose. Stems or leaves can be added by dipping strips of scallions or leek into boiling water (30 sec.), then dousing in cool water.

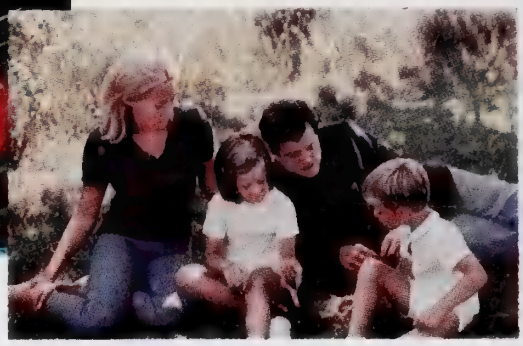



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JOAN KENNEDY
Life Without Ted







Joan has won a long and grueling battle to be her own person. Why did she leave Ted, and what lies ahead for the woman who was a major political casualty of our time?

Left: Joan Kennedy today; top right: the Kennedys on their wedding day in 1958; bottom right: in Hyannis Port in 1966 with young Kara and Teddy Jr.

I'm so glad to be alive today.

I have brought up three incredibly terrific children. You can ask anybody. I have talent; I know I'm smart. I got straight A's in graduate school. I've still got my looks. I know I've got all these terrific things going for me.

I mean, my God, you are talking to, I think, one of the most fascinating women in this country. That's very immodest, I know, but that's the way it is. I have lived a very full life.

There are lots of women who don't have the choices I have. I can get a job anywhere; I'm really convinced of that. But the most exciting thing is that I . . . can be and will be happy—whatever I choose to do.

I have this incredible energy. I have so much zest for life and living, and maybe another forty years to live. I think we have to think about what we're going to do for the second half of our lives . . . I think about it.

Is this the woman who has been called one of the major political casualties of our time? The same woman who fought a desperate battle with alcoholism and who had several bouts in a mental institution, who constantly feared she could not keep up with the other Kennedy women?

It doesn't sound like the same person . . . but it is. These words from Joan Kennedy were exchanged with writer Phyllis Battelle in an interview for *Ladies' Home Journal*, which took place before the Kennedy divorce was announced.

It was not only the thoughts, but the exuberance in her voice that signaled a marked change in the once shy, deeply troubled, senator's wife.

And it is the new Joan Kennedy who, at 44, has found the courage to walk out on her 22-year, unhappy marriage.

Even the appearance suggests a changed Joan; it is softer, more feminine. Gone are the bravado fashions that often shocked Washington, and once appalled Pat Nixon—when a less dignified Joan appeared at a White House formal in a mini-skirt. Instead, her new look is one of dignified elegance.

Outwardly there appears to be a rebirth, a new beginning for Joan Kennedy that started three years ago when she left the family mansion to seek help and independence while living in a Boston apartment. Yet one wonders after her past sufferings—the miscarriages, Chappaquiddick, alcoholism, her son's leg cancer, her husband's reputed womanizing—whether the new vitality is real. Sometimes Joan's self-confidence and dogged positive thinking sound brittle; the forced *(continued)*

Photographs by, clockwise: Brian Quigley, Black Star, Wide World.

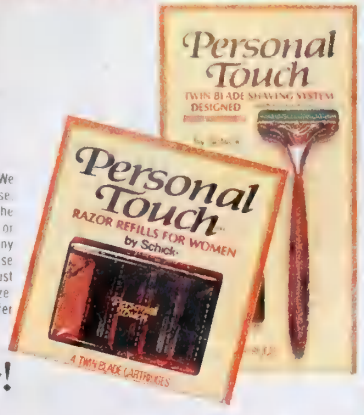


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JOAN KENNEDY

continued

rhetoric of a self-improvement campaign.

Yet clearly, Joan has moved beyond the times of deep hurt that caused the world to look upon this Kennedy wife with sympathy. The earlier pain gave way to an anger and then to an increased personal strength that helped her return to the public eye in an enthusiastic presidential campaign. Then, after Senator Kennedy's defeat, Joan seemed to put the same spirit into trying to restore her troubled marriage. For a while before Christmas, she moved back to the Kennedy mansion near Washington. But during a year-end skiing trip in Aspen with Ted, she realized that the time had come to turn her back on an unfulfilling marriage, and the man she still cares for deeply.

"She is still in love with Ted," says Joan's sister and close confidante, Candace McMurrey. "It's just that Joan realized they couldn't live with each other as husband and wife."

The revelation seems to hit the problem dead center. Joan, artistic and sensitive, could not mesh her lifestyle with that of her hard-charging, ambitious husband. And so, in a decisive move last January, she opted to trade her life as the undervalued political wife for the single, but more fulfilling, existence she has created for herself in Boston.

"Joan is no longer taking orders," says Mieke Tunney, the ex-wife of former Senator John V. Tunney of California and one of Joan's oldest and closest friends.

Even during the '80 campaign the new independence was apparent. Joan would accept advice, but never dictation. She gave interviews when she wanted, and nobody on Ted's staff ever interfered.

"Ted began seeing his wife through new eyes," says Mieke, "and what he saw was an entirely different Joan, a woman who was her own person."

The joint announcement of the marital collapse said the Kennedys had arrived at the decision together, but friends of Joan scoff at this. Several point out that it was Joan who no longer wanted to remain in what they termed a "non-marriage."

"Ted would have preferred to keep things as they were," confided one of Joan's friends. "You must remember that he still has political ambitions and even though Ronald Reagan, a divorced man, was elected president, the Reagan divorce was in the distant past, while in 1984, Ted's will still be fresh in voters' minds. And of course, Ted is Catholic. Divorce won't sit well with Catholic voters."

All too aware that the divorce would be yet another black mark on his already checkered political career, Ted Kennedy seemed to display his family's media savvy when he chose to announce the separation on a momentous news day. Perhaps he hoped it would be overlooked as the Reagan inauguration and the hostage release vied for headline space.

If the timing was perfect for Ted, it was just as right for Joan, who had already embarked on a new course with old friends she cherishes in a city she loves.

And too, the Kennedys may have felt that their children, Kara, 21, Ted Jr., 19, and Patrick, 13, were old enough to cope with their parents' divorce.

The new Joan was manifest at the time she talked to writer Battelle. The blond hair, which usually falls in a pageboy around her shoulders, was pulled back tautly into a bun. The tan, patrician face was equally taut, totally devoid of the puffiness once caused by too much alcohol, too many tears. Insiders say cosmetic surgery in January 1980 is a prime factor in her new sense of self-esteem. But Joansie, as Ted called her in the days when she played the dutiful political wife, would resist such easy assumptions.

New sense of self

Her new sense of self comes from the fact that "I have a wonderful life of my own now; I mean, an inner life," Joan explains. "It gives me incredible serenity that I never thought I could have.

"All these wonderful things have always been in my life, but for some time they were literally drowned in drinking.

"Now I've been sober for quite awhile, and I've learned to live my life one day at a time. Do you know what peace it brings me, not to worry about what I might do three years from now—or what I might have done three years ago when I was still drinking? I have no regrets about the past, about having lived through the sixties and seventies exactly the way I did. And no, I have no apologies for anything. And no guilt . . ."

Joan does not toss off guilt glibly; instead, she has wisely learned to concentrate on the present rather than regret her past. Her children have come to see their mother in a new light as well.

"Oh, they love seeing me so happy," she says. "I'm a lot more relaxed. As the kids say, 'I'm just so laid back.'

"In the past, if the kids said they would visit and then didn't show up, I would be terribly disappointed because my whole life revolved around my husband and my children. If, for some reason, politics took Ted out of state, and he was supposed to be here, I would be devastated. But today I have a wonderful life of my own, and I can take disappointments a lot more easily, because I have so much going on in my life that interests me. I can just roll with the punches; if my family comes, terrific, but if they don't, it's not the end of my world.

"I'm so lucky to have isolated my problem and done something about it. Many people go through life without discovering what their central problem is, but I did. And in the process, I have grown up immeasurably.

"I *knew* I had a drinking problem and I was worried about it, so in the early seventies I started seeing a psychiatrist. But it proved a disaster. I told him I was terribly worried about my increasing dependency on liquor. I thought I was pretty darn honest, you know? There I was screaming it from the rooftops, and the doctors didn't hear me. Everyone thought then that my problem was minor. No one paid much attention to me."

For Joan, the situation would get much worse before it got better. She would become withdrawn, drinking great quantities in her solitary misery. Even years of psychotherapy and periodic visits to alcohol treatment centers seemed fruitless. Her appearance altered dramatically and, to one newsman who had covered her for years, shockingly. "She looks as though she crawled through a rathole," he said bluntly. "She doesn't seem to give a damn anymore."

How did the Senator cope with the problem as his once beautiful wife slipped slowly into the role of the lush?

"Ted was sympathetic and helpful for a long time after Joan began drinking heavily," remembers Luella Hennessey Donovan, the Kennedy family nurse for more than 40 years. "Then when his work in the Senate became harder and heavier, he couldn't cope with it any longer.

"Remember," explains the nurse, who is close to Joan, "he had a huge staff of more than three hundred persons and enormous responsibilities as chairman of the Senate Judiciary Committee as well as other committee jobs. To come home after his long days and not have a real home life was too heavy a burden. It all became just too much for him."

But for Joan, it was easier, at the time, to see her drinking as the effect, not the cause of her problems. "I blamed my drinking on everything," she says, "on my husband, politics, being in Washington. Now I've learned to blame it on myself."

There may have been other impelling forces contributing to her problem as well—among them, a possible genetic predisposition to alcoholism, a factor some medical specialists now believe to be important. Says Joan, who has become a lay expert on alcoholism: "We just don't know that much about it yet. Partly it's physical. It's a chemical imbalance in your system. It's like an allergy that you're born with."

When asked if any of her relatives had a drinking problem, she said: "My mother did, yes. Not while I was growing up, but much later after I was married."

In the often tragic Kennedy saga, it was one of many disastrous *(continued)*

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JOAN KENNEDY

continued

factors. Others that may have led to Joan's problem included the emotional fallout of the assassinations of President John F. Kennedy and Senator Robert F. Kennedy, and the fears that Ted might meet the same fate. To this grim list must be added the tongue-wagging that went on for years about Ted's other women. His name was linked to such socialites as Amanda Burden, daughter of William S. Paley, chairman of the board at CBS; Angela Wepper, a German princess; Page Lee Hufty, a Standard Oil heiress; and Suzy Chaffee, former captain of the United States Olympic ski team.

Like many charismatic politicians, Ted seemed to attract gossip. House Speaker Thomas P. "Tip" O'Neill, a Massachusetts congressman who has known Ted all his life, says: "[Ted's] outgoing nature could lead people to assume a great deal more about him than is actually the case. This is an in-bred gossipy town. We love to swap tidbits even more than other towns because the important are here."

Nevertheless, the rumors of Ted's reputed dalliances tortured Joan. In the depths of her emotional turmoil, she unburdened herself to Nurse Donovan, confessing the feelings of inadequacy that contributed so heavily to her problems. "Hurt?" the nurse says now. "Of course it hurt. Rumors that your husband was having affairs would hurt any woman."

Exacerbating the problem was Ted's apparent inability to show affection to his wife in public. Even on the couple's wedding day he didn't hug or touch her during the festivities, and holding hands was never his style, Joan once admitted. "I don't think Kennedy men show their affection except to their children . . . ."

Bottled emotions

Kennedy men also are said to have difficulty talking about feelings, but Joan could not bottle up her emotions and had to turn elsewhere to express herself.

Ted will never have the time to know what's deep inside the way a psychiatrist would, will he? Battelle asked. Joan paused. "No. Well, he's not oriented that way, clinically [analytically] oriented."

As the hurts and disappointments escalated, so did the drinking. Finally, Joan turned to Alcoholics Anonymous. The AA's support system taught Joan many things. Apart from learning to live day by day, she realized it was okay to be herself—she didn't have to role-play anymore.

"When I was drinking," Joan explains, "I held in all my emotions. And now, I don't hold it in much at all. I let people know how I feel. It gives them a great sense of relief to know where they stand with me. Now if I'm sad I *feel* sad, or I *feel* disappointed or upset. And I also *feel* incredible joy and happiness and very excited about life. I'm a lot more fun to be with."

Joan's religion, too, is a comfort to her. In spite of all her problems she never had a "crisis of faith."

"I came to Catholicism really for the first time when I was seventeen. It was always a joyous thing for me. I go to mass regularly. I pray [on her knees] every day now. I didn't always do that."

In the wake of her battle with alcoholism, her troubled marriage and her evolving independence, we asked Joan last year whether she had ever discussed divorce with Ted.

"No," she said.

Ever discussed and rejected the idea?

"No."

Never even thought about it?

"No. Even before I got help, I just figured it was something I had to work on—finding out who I was first."

It seemed apparent as we talked to Joan that she was now taking command of her life. Today, her sister Candy says: "Don't feel sorry for Joan Kennedy. She's great! Oh, it's sad, the ending of her marriage. The whole thing is sad. But Joan is stronger now than she's ever been and looking ahead.

"She was a sick girl, very sick, but she's in super shape now. Going away, living by herself in Boston, gave her the strength she needed to make a life for herself."

Adds Joan's father, Harry W. Bennett Jr., a former advertising executive: "It was time for Joan to stand up on her own two feet and be herself. I told her this. I think that in many ways she has been so involved in the Kennedy family, the Kennedy ways, the Kennedy method of living and so forth—she's a Bennett too, and she feels her own side of the family is important. Yet I think she's been dominated by the Kennedy image.

"The break was inevitable," he said, adding that Joan had *(continued)*

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*Estimated average based upon information received from the American Podiatry Association.

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JOAN KENNEDY

continued

telephoned him with the news just before the public announcement.

Was he saddened? His voice, which had betrayed an obvious distress, strengthened. "No," he answered. "Not if it's going to make a better life for Joan."

Rose Kennedy, who had remarked that she was "very proud" of her daughter-in-law during the campaign, also accepted the news with equanimity. Ninety-one years old this July, she was recovering from surgery in her Palm Beach, Florida, home when Ted called with the news.

There had been rumors that Rose was so frail and would be so hurt and angry that Ted would try to keep the information from her. The stories were absurd. Rose always had—and still has—enormous emotional strength.

Her housekeeper disclosed that Rose was "not upset" by the announcement. "Mrs. Kennedy just asked him if there was anything she could do. She accepts everything as the will of God. She doesn't think about whether the divorce will hurt Ted in his political career. She's been in politics too long, knows the ups and downs and expects anything."

Rose learned as a young wife that politics would be her husband's first calling, but this was something that Joan could never face about Ted. "Looking back, Joan should never have married into the Kennedy family," said former Senator George A. Smathers of Florida, one of JFK's closest friends and a man who has remained close to the Kennedy family.

"There is no question that being in political life places a tremendous burden on a wife. My marriage collapsed also after twenty-two years because of that burden. The requirements of being a good politician are such that you don't have the capacity to be a thoughtful, giving, understanding, cooperative father and husband.

"Ted and Joan are both highly intelligent people, nice people, thoughtful people. I'm sure that they would have gotten along extremely well if Ted had not been in politics."

In Boston, Joan has begun stepping out socially more and more. Her intimates are outside the political arena and include several divorced women who must be a comfort to her—especially now. There is also her fashion designer, Alfred Fiandaca, Harry Wilcott, an insurance executive, and Dr. Gerry Aronoff, whom she met several nights after the divorce announcement.

Aronoff, a handsome, 36-year-old psychiatrist and neurologist who is eight years younger than Joan, escorted her frequently this winter. "Joan is a wonderful person, stimulating and marvelous company," he says. "I just think she's a delightful woman."

Another frequent escort, Dr. Michael Greenwald, her dermatologist, commented: "Joan now has a life of her own. She tried to work things out, wanted to do the best for her husband, her children and herself. She's a truly beautiful person, inside and out."

Dr. Greenwald scoffs at rumors that Joan plans to put financial pressure on Ted in the divorce settlement. "Joan would never do that," he said emphatically. "She is just not that type." Friends of Ted's say that the senator, whose personal fortune is estimated to be upward of $20 million, plans to provide comfortably for Joan. It is expected that he will keep the 16-room McLean, Virginia, mansion, and Joan will live in her two-bedroom apartment on Boston's Beacon Street, where Ted pays the rent.

Though Joan has a number of male companions in Boston, it may take her some time to break free from Ted emotionally. When writer Battelle asked Joan whether she had been in love with anyone other than her husband, her eyes widened and her voice cooled. "No," she said softly. "No."

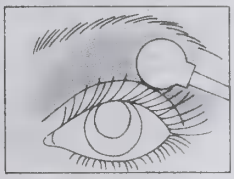
Today Joan is finishing her course work for her master's degree in music edu-

(continued on page 74)

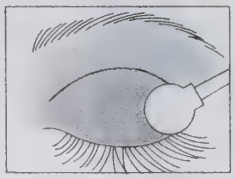
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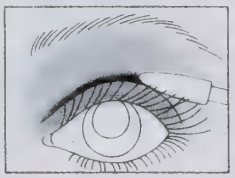
Leave it to Aziza Shadow Trios. In one handy compact you get three shades of the same color, coordinated to work together perfectly. So you see, you really can't miss.



1. Apply palest shade on browbone.



2. Cover lid with medium shade.

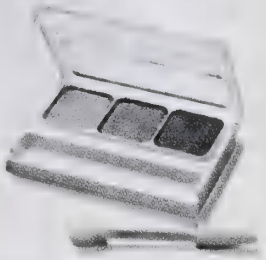


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AVON



JOAN KENNEDY

continued from page 70

cation. Her daughter, Kara, who recently transferred to Tufts University near Boston, says: "It's fun living in the same town as Mom."

Joan also sees her two sons several times a month. In fact, she's closer to her children now than she's ever been.

All who know Joan around Boston speak fondly of her, admiring her "nice disposition," "good sense of humor" and easy accessibility. "She's regular with everybody," says one tradesman.

Indeed, her renewed vitality has elicited such enthusiasm among Bostonians that it inspired a 1980 election bumper sticker that read: "Vote for Jimmy Carter—free Joan Kennedy."

When she isn't completing her degree work that was interrupted for the campaign—and a temporary move back with Ted—Joan has an active life in her adopted city. She swims, takes walks and occasionally gives concerts. A top priority now for Joan is planning her career. "She'd make a wonderful musical education teacher," says a friend, but her ambition is to produce children's TV shows.

Meanwhile, she continues to attend regular AA meetings and says, "It will be a lifetime association." Therapy also is still much on her mind. "I don't think I ever want to be finished [with it]. It's nice to be able to have someone to talk to who knows you very well, someone to just check in with."

"Starting over again"

Quietly confident about her new life, Joan says simply, "I feel younger now than I have in the last ten years, younger than I did at age thirty. I really feel I'm starting life over again."

Nineteen years ago, *Ladies' Home Journal* ran the first major magazine profile of Mrs. Edward Kennedy. Then 25, Joan was described as a "beautiful, sweet, trusting and unaffected young woman," and the story concluded: "She is torn between her desire to lead a secluded domestic life and her equally strong urge to help Ted realize his driving ambitions. In the turbulent years ahead she will need every ounce of moral and physical strength that lies behind that fragile and feminine exterior."

The story was prophetic and now, in our last major magazine profile of Joan as Mrs. Edward Kennedy, *Ladies' Home Journal* can report that she is still beautiful and sweet, but no longer altogether trusting and unaffected. And most important for her unknown, but promising future, no longer "torn." **End**

This story was compiled from reports by Phyllis Battelle, Lester David and Joan Wechsler.



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WOMEN ON THE GO

There's no better tonic than travel when everyday life has become "just routine." Each of us, though, has her own prescription for the perfect vacation. Sun, sand and ocean are a must for some, while for others a trip without learning or adventure is unthinkable. But no matter. All provide the needed effect. The only remaining question: economics. With the price tag on travel today, many of us are resigned to staying home. If this sounds like you, *scotch* those plans! The following getaway ideas will satisfy every vacation fantasy, every budget. And for this year, the U.N. Year of the Disabled, we have vacation suggestions for those with special traveling needs. Bon Voyage.

DOLLAR STRETCHING EXERCISES: THE FINE ART OF SELECTIVE SPENDING

In times of high inflation and an ever-fluctuating dollar, is it possible to keep travel expenses down? It is if you follow these tips. By Paul B. Finney

The travelers who are street smart make ends meet. They don't *fight* inflation. They cope with it. You can take some cues from this new breed of traveler—the Selective Spender. You'll become more of a do-it-yourself tourist, knowledgeable about air fares and hotel rates, alert to every new twist in the vast travel industry's seasonal offerings. You'll know that free rarely means that. You'll play the money game while traveling, just as you do when you move your savings account nest egg into a high-paying money-market fund. Like a shopper in a department store, you'll be asking, "Is this good value for the money?"

This year's good-value countries

As a rule of thumb, the technologically advanced countries are expensive. The less developed belt, from Africa through Latin America to southeast and south Asia, is generally cheaper. Some of the better values: Costa Rica, Ecuador, Mexico and Peru in Latin America; Greece and Portugal in Europe; Egypt in the Middle East; Morocco and Tunisia in North Africa; India, Indonesia and Taiwan in the East.

But let's say a kind word for Italy. It may not be cheap along the Rome nightclub circuit, but with an up-to-date guidebook and a sense of judgment, you can ferret out tiny restaurants and modest hotels that help make this country one of Europe's better values.

Also, remember that cities, in general, are more expensive than the countryside, even with rising gas prices. Visit five cities by air in two weeks and your costs soar.

Tours, charters and special fares

Dollar for dollar, it's the packages and special fares that save travelers money. Some rules of the road:

Watch ads closely. Deals come and go fast in these times of deregulated airlines.

Don't book just before the final cutoff date for eligibility, or the seat you want at a certain price may be sold.

It's smart to pay quickly because the unexpected fare increases so common now are not retroactive (unless you change your routing).

Check whether you can get a lower fare by flying weekdays or staying an extra night to fulfill a minimum requirement.

If you cannot stand group tours, use their block-booked cheaper rates to get you there (around the South Pacific, for instance), but sight-see and eat on your own.

To familiarize yourself with *(continued)*

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DOLLAR STRETCHING

continued from P.S. 2

your legal rights as an air traveler, send for the free booklet *Air Travelers Fly Rights*, published by the Civil Aeronautics Board, 90 Church Street, New York, N.Y. 10007.

Hazards of changing your mind

If you're booked at a hotel during the high season and don't cancel at least 21 to 30 days in advance, you may be hit with a fee.

With international (not domestic) Apex air fares, if you cancel you can be charged $50 or ten percent of your fare, whichever is higher.

For charter flights, it's important to take out flight-cancellation insurance (which carries its own restrictions); the charter can charge you 50 percent or more of your fare if you cancel and it fails to fill your seat. Even if it does sell your seat, you'll pay a cancellation fee.

Use your connections

If your company is part of a corporate rate program, exploit all its advantages: discounts on hotel rooms, car rentals, even restaurants. The special rates apply at any time, whether on business or on vacation.

Stretch your dollars wisely

Have tea or a drink in the lobby of London's Ritz or Hong Kong's incomparable Peninsula Hotel. You don't need a room there to relish the atmosphere.

Don't automatically ask for the cheapest room in the hotel. Sometimes it's smarter to choose the top of the line in a cheaper hotel rather than a middle-priced room in a deluxe establishment. Demand the best room you can get for the price.

Some of the finest bargains are hotel weekend packages here and abroad. If you're unfamiliar with a hotel's location, check to be sure it's not too far off the beaten track or you'll wind up paying more in the long run in five or ten dollar taxi fares.

Not every bargain is a bargain

Don't always rent the cheapest and smallest car. In the desert and on the mountainous roads of Morocco, for example, a bigger car works best. Also, with the "Tiny Tim" automobiles your luggage is usually exposed to view and possible robbery.

Avoid prepaid meals. You'll do better foraging on your own.

Buy cigarettes and liquor at duty-free shops on your return trip home, not when you're embarking. Lugging them all over to save a few dollars is silly.

Do some comparison shopping on charter versus special fares of scheduled airlines. The charters may not turn out to be so attractive after all.

Novel one-spot vacation ideas

Club Med continues to be the choice for sun-sea-and-sports vacationers who will pay, but not through the nose. The Clubs are not cheap at $500 to $800 for a one-week package, but once you're there you can't spend more, except for drinks.

For insurance against the ever-rising cost of hotels, try time-sharing. You buy a share in a condominium and thereafter pay only an annual maintenance fee. You exchange your place in, say, San Juan for someone else's in Aspen. The best part: you pay only the air fare and running expenses of your week or two-week stay.

Getting the most for your money

The exchange rates for foreign currencies vary every day. So if you buy today for a trip next month, you may save or lose money, depending on whether the dollar rises or falls in value in the interim.

The ultimate weapon that you have to cope with these currency fluctuations is awareness. For example, one well-traveled tourist tracked the franc/dollar exchange rate for a number of years and found that the French government consistently raises the franc's value during the summer tourist months. Therefore, it would be worthwhile for you to buy the French francs to be used for your summer vacation during the winter months, when the exchange rate is more favorable. On $5,000 worth of francs you might save $300.

Foreign-currency traveler's checks are very convenient overseas and also save you the trouble of converting twice: from paper dollars to U.S. currency traveler's checks, and then those checks into francs or deutsche marks, for instance. But if you plan on moving from country to country, foreign-currency checks can end up being very costly. You can easily end up paying more than one conversion commission on the same money.

In Eastern European countries the U.S. dollar is beloved. But don't fall for those black-market approaches in back alleys; illegal exchanges can land you in jail.

Baggage handlers and concierges are rarely unhappy if you tip them in U.S. currency (bills only) especially when you're on the run catching a plane. In fact, it's wise to carry ten to 20 single bills for last-minute tips, minor airport shop purchases (though these are best made with credit cards because of the better conversion rates) and airport exit taxes. **End**

Paul B. Finney, former Managing Editor of Business Week *and author of* The Businessman's Guide to Europe, *has had ample opportunity to apply his defensive strategies on trips to all five continents.*

PRAYER AFTER AN EXHAUSTING DAY

By Paul Geres

Pray to you, Lord? No, I'd rather go to sleep and just have you keep an eye on me. That's enough for tonight.

I don't want to think or even move any longer. I would like to commit myself to you just as I am without any more tossing and turning in your hands like a restless child.

I have more worries tonight than I can bear.

It's late. It's time to sleep.

I ought to have written those letters too. No! Tomorrow.

Lord, teach me to rest. Teach me to leave things be and not to think that I must have everything in order before I go to sleep.

As if I could ever get everything in order.

Teach me to accept my tiredness without getting upset or bitter about it, without complaining about my need for sleep. Teach me to put my papers away without regrets that I can't do everything.

Teach me to finish one *day. How else will I ever learn to die . . . For there will be work left after I'm gone . . .*

Teach me to accept that I'm not you . . .

PRAYER TO ADMIT MISTAKES

By Paul Geres

O my God, how hard it is to have made a mistake . . .

Simply to accept it, without looking for excuses. Without trying to escape the burden of the mistake, without making two or three others pay the consequences, or blaming it on society, circumstances or just bad luck. Without trying to find ten good reasons . . .

How difficult it is to accept a mistake . . .

Without being angry and defending myself with meaningless arguments. Without always attempting to be blameless, free of sin . . .

O God, set me free from the fear of having to admit to my mistakes. Whether mistakes at work, at school or at home.

"Let what you say be simply 'Yes' or 'No'" (Matt. 5:37).

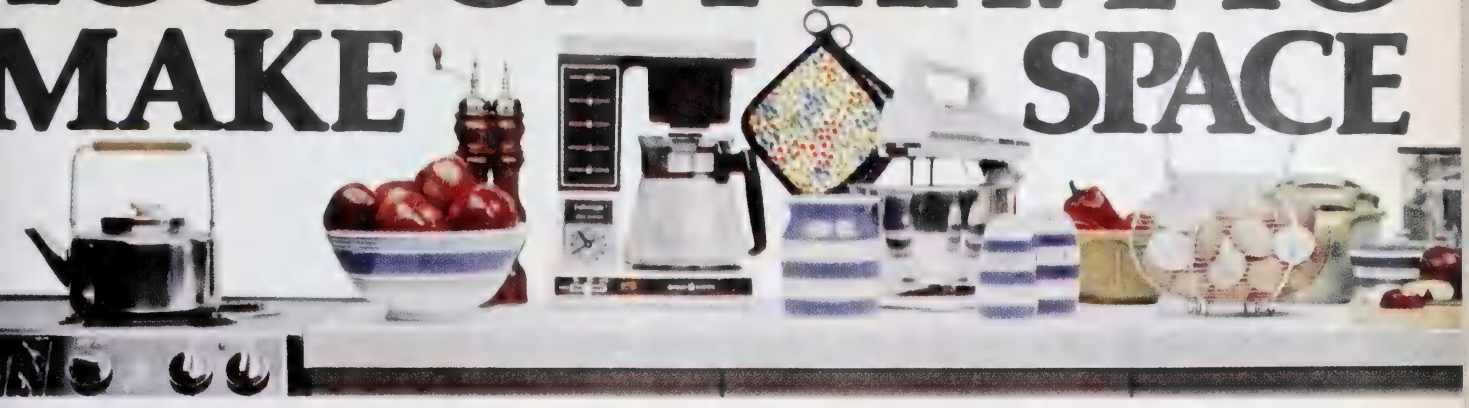
In order to do this, Lord, you have to be an adult. An adult, and not a tight-lipped little boy or girl with a bad conscience.

"When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became a man, I gave up my childish ways" (1 Cor. 13:11).

Lord, in order that I might accept the healing bite of truth, set me free from myself.

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ARKANSAS
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Eureka: The Three Of Us
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San Jose: Carmella's Fashion
San Jose: L. Hart & Son Dept. Store
San Leandro: Edith Guthridge Shop
San Mateo: Levy Bros. Dept. Store
Santa Barbara: Lou Rose
Santa Monica: Henshey's
Stockton: Campbells In The Village
Tulare: The Vogue
Walnut Creek: The Clothes Horse
Watsonville: Fords Dept. Store
Woodland: Aoki's Boutique

COLORADO
Denver: Lil's Of Belcaro

CONNECTICUT
Bridgeport: Skydel's
Farmington: Eleanor Rose Shoppe
Greenwich: Mantel & Martin
Middletown: Mam'selle-Village Corner
Milford: Esther's
New Britain: M. Birnbaum's
New Haven: Aldon-Parlor
Ridgefield: The Question Mart
Torrington: Nitkin's Fashion
Wallingford: Gordineer's
Waterbury: Mademoiselle Shop
West Haven: Horwitz Fashion Center (and branches)
Wethersfield: Richard Wrubel

DELAWARE
Wilmington: Fashion Shop

FLORIDA
Boca Raton: Vera 5th Avenue
Coral Gables: Don Mullen
Dunedin: Jo's Fashions
Ft. Lauderdale: Dainty Apparel
Ft. Lauderdale: Shirley Shoppe
Ft. Pierce: Rosslow
Gainesville: Franklins
Jacksonville Beach: Paula Jean
Miami: La Epoca
Naples: Clothes Rack
Orlando: Belk Lindsey
Palatka: Casual Touch
Pompano Beach: B. Stevens
Pompano Beach: Mary Webb
Sarasota: Sherman's
St. Petersburg: WM Henry
Tallahassee: Annettes
Tampa: Bernice Originals
Venice: B. W. Francis
Winter Haven: Rheinauers

GEORGIA
Atlanta: Irene Hill Ltd
Augusta: Casual Hut
Canton: Jones Mercantile
Columbus: Kiralfy's
Millegville: Vogue
Rossville: Francis Shop
Statesboro: Tilli's
Vienna: Roberts Shop

IDAHO
Boise: Brookover's (and branches)
Idaho Falls: Carroll's Inc. of Idaho Falls
Nampa: Carriage House

ILLINOIS
Benton: Star Best Fashion's
Blue Island: The Mayfair
Chicago: Gately's Peoples Store
Chicago: Lind Shop
Chicago: Wolke's
Decatur: Carson Pirie Scott
Decatur: The Vogue
Downers Grove: Muriel Mundy
Edwardsville: Auerbach's
Fairfield: Carnaby Square
Freeport: Rothstein's
Galesburg: Kardan's
Geneva: Fig Leaf
Jacksonville: Gillespie's
Johnston City: Moroni's Fashions
Kankakee: Carson Pirie Scott
Lincoln: Landauer's
Macomb: Ring's
Milwaukee: Gene Wakefield
Moline: La Rose
Mt. Vernon: Alberts
Normal: Huston's Apparel
Northbrook: Davine Sportwear
Ottawa: Carson Pirie Scott
Palos Heights: Jay's Nest
Park Ridge: Dane Kremer
Peoria: Carson Pirie Scott
Riverdale: Fads & Fashions
Rockford: Sylvia's Fashions
Rolling Meadows: Crawford Dept. Store (and branch)
Shelbyville: Barbara's
Springfield: The Vogue (and branch)
Streator: Marty's Shop
Taylorville: Blakely's
Tuscola: Four Seasons
Waukegan: Marion's
Wheaton: Nella's
Wilmette: Anne Hopkins
Worth: The Towne Shop

INDIANA
Anderson: Hoyt Wright Company
Franklin: Newkirk Fashions
Newburgh: Esthers
Washington: Burris & Kramer

IOWA
Boone: Junior Fashions, Inc.
Burlington: La Femme
Cedar Rapids: Martin's
Davenport: Peterson-Harned-Von-Maur
Dubuque: Stampfer's
Mason City: Daman's
Muscatine: Day's Kloset
Oilwein: Connors Inc.
Spencer: Poole's

KANSAS
Hoisington: Verna's
Liberal: Grisier's
McPherson: Mary Ann Shop
Parsons: Lambert-Duffy-Melone
Winfield: The Hanger

KENTUCKY
Danville: Hub Frankel
Hopkinsville: Arnolds
Owensboro: S. W. Anderson Company

LOUISIANA
Baton Rouge: Ourso & Company
Franklintog: Simmons (and branch)
Houma: A. M. & J. C. Dupont's Inc.
Monroe: The Palace
New Orleans: La Boutique Fashions (and branches)
Shreveport: Rubinstein's (and branches)

MAINE
Waterville: Alvina & Delia

MARYLAND
Langley Park: Ruth Rider

MASSACHUSETTS
Leominster: Ruth Lee
West Dennis: Ruth Lee

MICHIGAN
Alpena: Lady and I
Ann Arbor: Rusell's
Birmingham: Chudik's
Boyne City: Gocha's Womens Apparel
Calumet: Carpenter's
Claire: Allen's
East Tawas: Sis
Grand Blanc: Nicole's
Grand Rapids: Houseman's
Grand Rapids: Village Clothing
Grosse Pointe: Walton-Pierce (and branch)
Hillsdale: Masters Fashions (and branch)
Jackson: L. H. Field
Kalamazoo: The Fig Leaf
Lincoln Park: Lowry's Apparel Shop
Mount Clemens: Priehs Dept. Store
Muskegon: Angie's Fashions
New Haven: Lendzion's
Oxford: The Clothes Closet
Plymouth: Minerva-Dunning's
Rochester: Mitzelfeld's (and branches)
Rosecommon: The Village Shop
Saginaw: Carter's (and branch)
Saginaw: Wiechmann's (and branches)
Tecumseh: Watkins Shop
Traverse City: Wilhelm's
Warren: Fuhrman's Ladies Apparel
Wyandotte: Willow Tree

MINNESOTA
Eclina: Hager Og Eclina
Ercelsion: Nygrens
Hopkins: Nygren's
Minneapolis: B. Jorkman's
Minneapolis: The Stable Stores Inc
Paynesville: Annettes
Willmar: Butter's Style Center, Inc

MISSISSIPPI
Columbia: The Lampton Company
Columbus: The She Shop
Jackson: Sharpes
Laurel: House Of Cachet (and branch)
Mendenhall: Lloyds Style Shop
Raleigh: Jean Garner's Clothes Corner
Vicksburg: Marie's For Fashion

MISSOURI
Kennett: Smith's
Moberly: Pattersons
St. Charles: Dressing Room

MONTANA
Bozeman: Chambers Fisher Co
Great Falls: Dale Stapp
Missoula: Hart-Albin Company (and branch)

NEBRASKA
Lincoln: Miller & Paine

NEW HAMPSHIRE
Concord: Dorothy Bailey
Hanover: Town & Country

NEW JERSEY
Bergenfield: Florence Shop
Far Hills: The Knit Shop
Ho-Ho-Kus: The Quality Shop
Jersey City: Kreps
Lawrenceville: Leroys
Linden: Edmars
Metuchen: Morris Stores
Nutley: JNC
Princeton: The English Shop
Red Bank: Yanko's Fashion Fair
Ridgewood: Sealfons
Somerville: Daniel's
Summit: Brooks of Summit
Summit: Style Shoppe
Union: Stan Sommer
Wayne: Fun And Fashion
Westwood: Hartly's
Wyckoff: Country Barn

NEW YORK
Auburn: Sherman's
Clifton Park: Fashoda, Inc
Cortland: Leonard's
Endicott: Modern Dress Shop
Jackson Heights: Estelle Dress Shop
Kinston: Goldman's
Newburgh: The Stroock Shop
Palmyra: Pearsall's
Rome: Simpkin's, Inc

NORTH CAROLINA
Charlotte: Harris-Hart
Clayton: Town Shop
Fayetteville: Bahia
Fayetteville: Collins Company
Gastonia: Matthew-Belk
Greenville: Brody's
Highpoint: Belk-Beck
Kinston: Brody's
Lumberton: Fashion Bar
New Bern: Twin Rivers Mall
Raleigh: Ronson's
St. Pauls: Ida's Dress Shop
Tarboro: Adler's of Tarboro
West Jefferson: The Fashion Nook
Wilson: London Shop

OHIO
Athens: Marting's
Celina: Style Shop
Elyria: Style Center
Greenville: Fourman's
Mansfield: The Cherry Tree
Marion: Bintz's
Newark: Dotti's
Niles: Pritchard's
Sandusky: Caryl Crane
Westerville: Judi's Career Fashions
Wooster: William Annat
Zanesville: Emersons Town & Country

OKLAHOMA
McAlester: Hunt's

OREGON
Eugene: Town And Country
Grants Pass: Golden Rule Dept. Store
Klamath Falls: Whytal's Ladies Apparel
Medford: Parker Woods
Portland: La Rue's Shop
Roseburg: Luverne's

PENNSYLVANIA
Ambler: Ambler Fashion Shop
Beaver: Shirley Shoppe
Carlisle: Sadie Dress Shop
Coraopolis: The Village Shoppe
Downington: Phillips Apparel Shop
Easton: Grollmans
Ephrata: Doneckers
Erie: Rose Marie Dress Shoppe
Feasterville: Mercedes Fashions
Hamburg: Ackermans
Huntington: Millers
Irwin: Lida's 3rd Street Boutique
Kittanning: Brody's
Lancester: Poser's (and branches)
Lemoyne: J. Edwards Fashions
Lewiston: Mussettia's
Milton: Hertz's Ladies Shoppe
Oakmont: Glad Shoppe
Oxford: Shirley's Clothes Line
Philadelphia: The Deb Shop
Pittsburgh: Bernstein & Roseberg Co.
Pittsburgh: Prices of Oakland
Reading: Lady Casual Shop
Scottsdale: C. Morris & Sons
Steelton: Helen Gustin Boutique
Sunbury: Rosenblums
Uniontown: N. Kaufmans, Inc
Williamsport: Margaret's
Zelienople: The Village Shop

SOUTH CAROLINA
Clover: Smith's Womens Apparel
Denmark: Ness' Inc
Florence: Fashion Center
Greenville: Belk
Greenville: Mary Jane Lawrence
Lexington: Sessions
Myrtle Beach: Belk's
Sumter: Sumter Dry Goods

SOUTH DAKOTA
Watertown: Moore's Ladies Wear

TENNESSEE
Dyersburg: Catherine's Ladies Apparel
Johnson City: Parks-Belk Service Center
Selmer: Cherry's

TEXAS
Alpine: La Cabana
Austin: Scarbroughs
Boerne: Pegs
Borger: Jeanies Inc
Brownsville: Ralph's
Carthage: McCarty's Corner
Corpus Christi: Armands
Dallas: Suzanne Shops, Inc.
El Paso: The Popular
Fort Worth: Mary Evelyns
Galveston: Eiband's
Houston: Bealls
Houston: Helen's Salon & Boutique
Hurst: Lemon Tree
Kilgore: Junior Hall
Lampasas: Marie's
Laredo: Violet's Sample Hut
Lubbock: Dunlap Company
Lufkin: Clark's
Marshall: Joe Wiseman & Company (and branches)
McAllen: Ladies Supply
Overton: Kennamers
Pampa: Hi-Land Fashions
San Antonio: Cleta's
San Antonio: Scriveners
Stephenville: Gibbs Exclusive Style
Van Alystyne: Fielders
Wharton: Joe Schwartz

VERMONT
Woodstock: Town & Country

VIRGINIA
Covington: Robert's
Galax: Jenrette's
Hampton: Leggett's Dept. Store
Norfolk: Leggett's Dept. Store
Occoquan: Fashion Corner
Portsmouth: Smart Shop
Salem: Audrey's
Virginia Beach: Smart Collection

WASHINGTON
Bremerton: D'Orr (and branch)
Colfax: Main Street Fashions
Port Angeles: Will-Lou's
Renton: Center Clothing
Seattle: Lewis Apparel (and branches)
Tacoma: Bazaar of Originals
West Seattle: La Grace Fashion Apparel

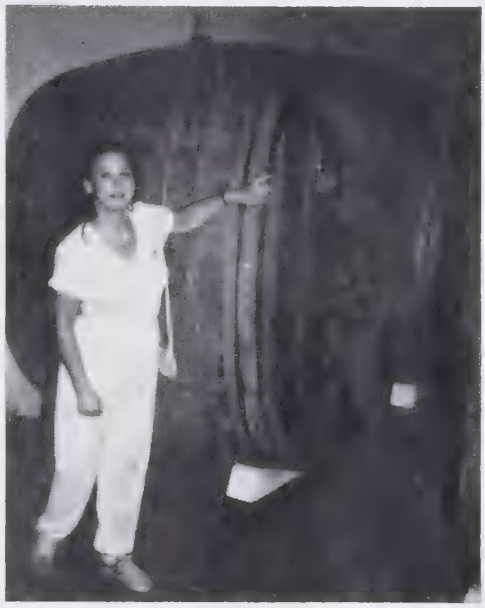
WEST VIRGINIA
Charlestown: Quality Shop
Princeton: Nelson's

WISCONSIN
Berlin: O'Connell's Clothiers
Fond Du Lac: Berger's
Hartford: Esther's of Hartford
Madison: Manchester's West Towne Mall
Marinette: Lauerman's
Milwaukee: Chapman's (and branches)
Oconomowac: Andre
Racine: Lamberton's North
Rhinelander: Debyles
Sun Prairie: Sandra's Choice
West Bend: Alston's

WOMEN ON THE GO

SPINNING WHEELS: A BICYCLE ODYSSEY THROUGH WINE COUNTRY

Pedal and glide your way through the wine country of Northern California for a healthy, scenic and spirited vacation. By Marlene Dillman



Touring a California winery, author Dillman stops beside an oak barrel, where wines must be aged before they are ready to drink.

The lush valley spread before us with vineyard after vineyard as we pulled up to our first California winery and wine-tasting experience. Then, revived by the dry and fruity flavors, we were back on our bicycles and pedaling again—to more wineries, more vineyards, more miles of gliding, struggling, speeding through a wonderland of winding roads and spectacular scenery.

When asked if I prepared for this memorable bicycle trip through the wine country of Northern California, I had to reply, "Only for half of it." It was over a glass of chilled white wine that my companion and I decided to brave the journey, enjoy the fresh air and exercise and save hundreds of dollars in transportation costs. Our round-trip mile route—starting in San Francisco, north through oma and the Napa Valley, then south on Highway One g the coast—allowed for a daily mileage of 16 miles (wine- ng along the way) to 50 miles. Until then, my longest trip been around New York City's Central Park!

fter a plane trip during which one of our bicycles was lost, found, we started our California tour with a 30-mile ride to oma. Or almost Sonoma. With only three miles to go, two tires slowed our speed to a walk. It was just after nightfall n we gratefully fell the delightfully re- ed Sonoma Hotel, ch was filled with -century antiques. mplimentary bubble and chilled bottle house wine and zz's. It had been a journey.

ext day, after sight- ng, fixing our bikes eating a huge Mex- lunch, we were on way to Yountville hot miles) and y for wine country following morning. our first stop, the ert Mondavi Winery, were given a lesson wine tasting, a ed tour and tastes Cabernet Savignon Fume Blanc.

he Beringer Winery —only a few miles from Mondavi—was completely different. One of Napa Valley's oldest (1876), its Victorian buildings, and tunnels dug deep into the mountainside, contributed to the Transylvania-like quality of the place. Wooden barrels covered with cobwebs held the mellowing liquids. We tried a ruby red Zinfandel and a Johannisberg Reisling in a wood-paneled room.

Tired bikers pause for a welcome rest on the hilly Pacific Coast Highway, where a Bicentennial bicycle route provides a beautifully scenic finale to the trip.



Back on our bikes, after a not-too-brisk ride (it was reaching 90°F.), we spotted a great white adobe structure high on the mountain to our right. At first we thought it was a monastery, but thankfully it was our next stop, the Sterling Vineyards and Winery, reached by aerial tramway. The tram ride itself was worth the price of admission (three dollars), offering splendid views of the valley. The winery was like a wonderfully tranquil museum, all cool polished woods and adobe.

We were warned that the scariest part of our trip would *(continued)*



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A BICYCLE ODYSSEY
continued

be Highway One—but it's probably worse in a big camper than on a bike. We started along this road after taking a bus to Mendocino, a town on the northern coastline, and the sights were so spectacular we ran out of ooh's and aah's. Concentration was necessary but we stopped whenever we wanted—to picnic by the roadside or gaze at the view. There were sheer drops onto deserted rocky beaches and inland, a scene of horses grazing on brown fields.

And that was only one of the spectacular vistas we encountered. Our trip along the coast took us many more magnificent miles from Mendocino to Gualala to the fishing village of Bodega Bay (where Alfred Hitchcock filmed *The Birds*), to Inverness and Fairfax.

It also allowed us to see parts of California that we might have missed, and stay in some wonderful places. With the help of *Country Inns of California* (Knapp Press, $6.95), we found charming spots to rest and dine after a wearing day on the road.

At the Old Milano Hotel in Gualala, the innkeepers helped us to celebrate a 50-mile day with a bottle of 1978 Chalone Vineyard Chardonnay, as we watched the sun set over Castle Rock. At the Timber Cove Inn, everything was made of redwood, our shower overlooked the Pacific Ocean view and a working fireplace kept us cozy all night.

On our last day, we talked about what it's like, this bicycle touring. It's not for the weak or meek, but it is a celebration of the mind, body and spirit. It was physically demanding, thrilling and intensely personal—a Yellow Brick Road of hills, headwinds and hairpin turns. Oz was the top of a hill, and Kansas was a hotel in San Francisco where we breakfasted on Danish pastry and champagne the morning of our flight back to New York. Celebration! **End**

Tips for the Cyclist:

- Use a ten-speed, light, sturdy bike.
- Wear brightly colored, comfortable clothes and sneakers. These are acceptable in country restaurants.
- Pack lightly, but take essentials: a simple tire-patching kit, first aid equipment and a water carrier.
- For greater savings, you can camp out at the national and state parks along the way or at private campgrounds. For more tips, consult *Bicycle Camping* by Diana Armstrong (The Dial Press, $8.95).
- If you plan to eat in restaurants, make sure they are near your nightly lodging. Biking to and from country restaurants in the dark after a long day of riding isn't fun.



WOMEN ON THE GO

THE COUNTRY EXCHANGE: BE AN INTERNATIONAL GUEST

Foreign exchange programs aren't just for students. They're for everyone with curiosity, understanding and a taste for the unexpected. And they are perhaps the best travel bargain around. By Katherine Barrett

Imagine being in a strange land if you didn't have to be a stranger. You'd see the bits of life that are never pictured in glossy travel posters. You'd sense the frustrations, savor the foods and share the customs of the natives. You'd increase cross-cultural understanding while having a good time, too.

That's the idea behind the Experiment in International Living—a nearly 50-year-old organization that places travelers with families in 52 countries around the world at rock bottom rates (from $35 to $400).

"The experience was enlightening and charming," says Beth Ellen Haggen of Indianola, Washington, who spent part of last summer with a family in Cornwall, England. "It gave me ties to people that I wouldn't have had as a tourist."

Age is no barrier

A mother of five teen-agers and young adults, Mrs. Haggen hardly thought of herself as the typical foreign exchange student, but she found her age was no barrier to participation.

Another recent "Experimenter," William Marett, of Highlands, North Carolina, took to calling his French hosts *Ma Mère et Mon Père* (Mother and Father). At 62, he was several years older than they, but young compared to some of the participants.

As both the hosts and visitors find, the one-to four-week visits in the Experiment's adult program achieve small miracles of cultural exchange.

For Susan Edelmann, director of the Experiment's New York regional office, a visit to Kanazawa, Japan, several years ago meant sleeping on a mat rather than a bed, taking super-hot Japanese baths and feeling "awkward, large and noisy," next to the delicate Japanese women. "Even if you're small, you feel like a bull in a china shop. It's very easy to bump into the rice paper wall and tear a hole in it."

It also meant smiling every morning through a breakfast of ice-cold fried eggs, rock-like toast, shredded lettuce and ketchup—foods her hosts fixed specially to make the American feel at home.

Deep friendships and another way of life

Despite such experiences, the program generates wild enthusiasm from participants. The visits are special, they say, not only for the deep friendships that develop, but for the glimpse of another way of life.

In England, Mrs. Haggen felt that in some ways she was living a life that was similar to the one her grandparents, who are of Scottish ancestry, had led. Her hosts, an attorney and his wife, did not own many of the modern conveniences that she takes completely for granted in her Washington home. No clothes dryer, no dishwasher and only a tiny refrigerator. "And they don't feel any less sophisticated, either. I enjoyed that," she says.

One teacher from Putney, Vermont, decided to visit a family in Switzerland during the autumn of 1978 even though she had had a bad exchange experience in college. "It really depends on the family," says Janet Durgin. "Four years ago, I stayed with a Quebec woman who didn't have that much time to spend with me. This time, my husband and I went to Switzerland, and stayed with people who were wonderful to us.

"They took us grape picking and hiking in the Alps and to a party at their mountaineering club, where there were games, singing and folk dancing. They really tried hard to show us their region." *(continued)*



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Now you're cooking

Broccoli Jarlsberg



Boil 2 lbs. broccoli until tender. In saucepan, saute ½ c. ham strips in 3 tbs. butter. Add 3 tbs. flour. Cook; stir until smooth. Remove from heat and gradually blend in 2 c. milk. Add 1 tsp. dry mustard, ¼ tsp. paprika, ½ tsp. salt, ⅛ tsp. pepper, 1½ c. shredded Jarlsberg. Cook; stir until thick and smooth. Spoon over broccoli. Serves 4.

Send for "Norwegian Cheese Delights" recipe booklet. Write Norseland Foods Inc P.O. Box 1000-D, Hilliard, Ohio 43026. Include 25¢ for postage and handling.

Ask for Jarlsberg wherever you buy cheese.

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THE COUNTRY EXCHANGE

continued

Three weeks in Switzerland now would cost a couple $245 each, plus a $85 initial application fee. With a few exceptions, all fees go to the organization, not the host family, which is expected to provide food and shelter at its own expense. Visitors also need travel and pocket money, but generally they find the home-stay is relatively inexpensive. Remember that the fee varies from one place to another, however. Three weeks in Bolivia is $70. The same time in France is $350.

If you want to host foreign visitors in this country, there is no initial fee, though there is the extra expense of someone living and eating in your household.

For information on the individual home-stay program for adults, write The Experiment in International Living, Brattleboro, Vermont 05301 or call (802) 257-7751. Direct inquiries to the Outbound Program Department if you want to travel and to the Incoming Program Department if you wish to host.

Initial information is free. The fee for filing an application is a non-refundable $85. Also, "Experimenters" are rarely placed near big cities and they cannot request a specific location within a country. Couples may be placed in homes together, but this is not guaranteed. You may not travel with children.

Servas, another nonprofit organization, runs a home-stay program with visits limited to two or three days. The annual membership fee is $25 for individuals and $30 for a family. The organization provides you with a list of host families in different countries; you must make the arrangements yourself. For information write: U.S. Servas, 11 John Street, Room 406, New York, N.Y. 10038. **End**

DANDELIONS FROM DAVID

By Maureen Cannon

Your face as grubby as your grin is wide
And wonderful, turned inside-out
with pride.
You race to me, the raggedy bouquet
Held high, a yellow flag.
I love the way
Without a word you say it's mine,
this one
Smudged fist of dandelions.
For me. Small son.
The moment's for remembering.
Come, let
Me tell you why, somehow.
Don't go, not yet—
Of course you must. I should've
understood
Run back. I love your dandelions.
Be good.

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Shirley Jones

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WOMEN ON THE GO

THE FIJIAN TRAVEL ADVENTURE: THE SIDE THE TOURIST NEVER SEES

Are you a present-day Margaret Mead longing for an exotic foray in the South Seas? The Fiji Encounter will gratify any adventurous spirit—and put your money to good use.

Direct from my Fiji Remembered Fondly album, some mental snapshots of me:

- On a palm-frond mat, accepting, from a man with raccoon-like black eye makeup, a coconut shell cup of the muddy looking, earthy-tasting liquid that is the celebrated grog of the Fijians, Yaqona.
- My feet stuck in the mud in a sea off a black sand beach, dangling a weighted net in the water, clumsily attempting to join the semicircle of women who were conducting a fish drive.
- On a lawn surrounded by towering coconut palms, dancing a native "tra la la" shuffle with a brawny, bare-chested villager who is clad only in a tutu of palm leaves.

It may not be a deluxe, four-star hotel, but this typical Fijian home has its own special charm.

Like most South Seas recollections, these are inherently exotic; what distinguishes them from other frangipani-scented, pineapple-flavored memories is that these Fijian scenes are not just still lifes, but moments in which I am actively involved.

In fact, thanks to an unusual travel program that organizes stays in Fiji—a collection of British Commonwealth islands that lie south of the equator, north of New Zealand and just the other side of the International Dateline—most of my time in that country was spent not in its resorts, but among its people. And, because a portion of the trip's relatively economical cost—$2,099, at last check, for two weeks including round-trip airfare from Los Angeles—was for locally determined community projects, such as building a sea wall or buying a truck to haul goods to market, it developed that I was helping my hosts.

This program, "Fiji Encounter," operated by Richard A. Goodman's Good Travel Tours (5332 College Avenue, Oakland, Calif. 94618, tel.: 415-658-2060) in conjunction with Air New Zealand and Continental Airlines, is, clearly, not for the luxury seeker. Participants must be prepared to play "Margaret Mead," which means sitting and sleeping on floors in native housing; doing without electricity (though village women will sterilize contact lenses over open fires); coping with schedule changes (bridges and roads sometimes get washed out) and experiencing new taste sensations. In return, however, as friendships develop and invitations come to go reef-walking, learn mat weaving or visit the new baby, the joys of travel as a participant, rather than a spectator, appear in boldface.

On my trip my group visited three villages on Fiji's main island, Viti Levu. The first, a collection of thatch, timber and concrete dwellings tucked among neatly groomed hills bordering the sea, provided a gentle transition from Western modernity to traditional Fijian society. Its English-speaking citizens were used to tourists and were patient as we learned the rudiments of village life. Sometimes, the "rudiments" included such favors as six women fanning our group while we ate fried chicken and local shellfish; dalo (or taro) leaves and fern stems in coconut milk; boiled or baked breadfruit; palusami (coconut meat rolled in palm leaves) and coconut-cream scones, baked in a primitive oven formed by placing a pot over a fire and under a sheet of metal.

Living with Fijians is one of the best parts of the Fiji Encounter vacation. Here, an American guest quickly makes friends.



And when we left there, everyone *(continued)*



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That's what makes Jeep Wagoneer the ultimate family wagon. No conventional 2-wheel drive wagon can perform so confidently under pressure when the rains are torrential, the streets unplowed . . . or when the beauty of the off-road beckons.



Wagoneer may take a tough-minded approach to conditions outside . . . but inside it's a soft touch, with room, luxuries and driving comfort you'd marvel at in any station wagon. And with a full range of Wagoneer models to choose from, you'll find the price of owning one surprisingly affordable.

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Jeep Wagoneer

AT AMERICAN MOTORS

*Figures are for comparison. Your results may differ due to driving speed, weather conditions and trip length. Actual highway mileage will be less. California mileage will be different.

Jeep Corporation, a subsidiary of American Motors Corporation.

FIJIAN ADVENTURE

continued

said "bula" (hello), the townspeople gathered at the social hall and, as the bus started, we heard the first of several heart-wrenching renditions of Fiji's well-known farewell song "Isa Lei."

Scarcely had our eyes dried when we arrived at the second village. Here, only a few feet from the lapping sea, our operational base was a large, traditional, one-room bure—or native dwelling—four stories at its tallest. Curtains partitioned off sections of the room and three hard beds. The floor, mats placed over straw and leaves, was considerably softer.

The bure's owner was a massive, white-haired village leader named Cereli. Cereli was the choreographer for many village mekes (storytelling dances backed by choral narratives) that pass from generation to generation and we were treated to many by the villagers. In leafy outfits or skirts and blouses festooned with crepe paper, they used sweeping hand gestures and leaps and jumps to tell tales about World War I and the fish that woke up and swam away when the atomic bomb exploded. One night, our group decided to present a meke, too. In borrowed leaves, we danced the "Hokey-Pokey," as the villagers howled with laughter.

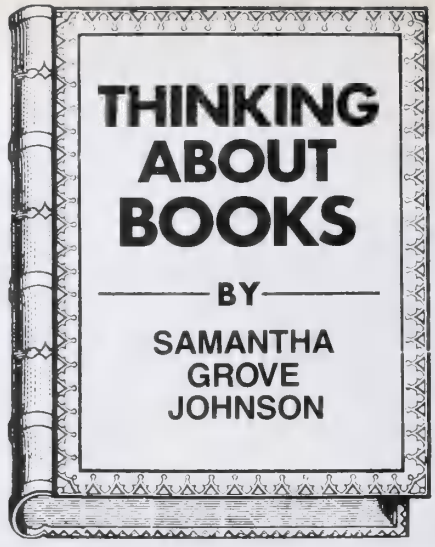
From the coast, we headed to the island's lush, mountainous interior. The road ended, apparently in the middle of nowhere. Suddenly we were surrounded by swarms of children. They coaxed us, single file, along a narrow path through stands of bamboo trees and elephant-ear fern undergrowth, until before us, perched on a cliff and overlooking a shimmering river, appeared the village. We dubbed it Shangri-la.

As if to compensate for its isolation, its people made a great effort to please. Albeit crudely, they had built tables and chairs. The culinary concoctions cooked in mud ovens were superb.

At night, the temperature dropped and we needed sleeping bags. We slept in bures with walls woven in a tweedy design. And we were awakened all too early by insistent cock-a-doodle-doing.

At the river's edge, men and boys were lashing together 20-foot bamboo poles. These, with the addition of crude bamboo seats, turned into individual rafts that would float us, one by one, through the river's narrow, winding gorges. Except for the polesmen, we were alone. The tranquillity was spiritual; we might well have been the first humans to have laid eyes on this land.

Regretfully, we reached the road that led back to civilization. The Fijian Encounter experience ended with a stay at Toberua, one of the islands' favorite resorts. But no matter how nicely "native" things were, after the genuine article, our last stop seemed tamely ersatz. **End**



If you are suffering from an attack of IRS blues this month, this selection of lighthearted books should soon have you feeling more cheerful.

The sun and untilled garden beckon and the children are begging for a picnic, but here we sit, trapped by wrinkled receipts, smeared forms, rusty arithmetic and a calculator on the blink. We're so embroiled in the additions and subtractions of federal and state levies that what we really need is a little levity.

To combat the tax-bite doldrums, we're suggesting some humorous books, all written by women, and, for the most part, consisting of facetious commentaries on everyday life.

In the side-splitting category, Caryl Rivers and Alan Lupo have created a hilarious husband-and-wife repartee, *For Better, for Worse*, covering everything from vacations to finances. She's Catholic, he's Jewish, both are journalists and their marriage seems completely ideal until the second page. Then we learn that she hates housework and he hates germs . . . and dirt.

In hell, ironing

If Dante had any imagination, Ms. Rivers remarks, " . . . he would have had all people who cheat on their wives and income taxes standing down in the ninth circle of hell, ironing." Ms. Rivers hasn't ironed in 15 years of marriage.

Ann Combs *does* iron. In fact, she irons her way through her report on life as an Air Force wife in *Smith College Never Taught Me How to Salute*. She's one of those people supported by our tax dollars, so you'll want to read her witty account of trying to live by regulations when the commissary meat is green, when the commander has a penchant for pinching and when the base is so hot the only place to live comfortably is your toddler's wading pool.

Smith College obviously taught Ms. Combs about writing, and she displays a flair for turning the everyday incident into an extravaganza of laughter.

Erma Bombeck, who's been at wit's end, through the postnatal depression and in the pits, emerged not long ago with her hilarious *Aunt Erma's Cope Book*. Armed with her advice, you too can rise to the "April impulse" (tax returns), look for Mr. Goodbody and become a sub-total woman.

Self-help craze

In poking fun at the self-help craze, Ms. Bombeck plays the tongue-in-cheek philosopher who shows us once again how to laugh at ourselves. Even a tax accountant would chuckle.

One book that was supposed to make us chuckle, but didn't, was *Forget Harry*, a tiresome tale by Carrie Smith about a woman going through divorce. It reads as if it were copied from a diary, and the heroine sounds as if she wouldn't know what to do with a 1040 form. I found myself siding with Harry and wishing his incredibly naïve wife would take a back seat in the story. We'll say no more about it, except that you can forget this book.

Freda Garmaise's *Love Bites*—another book about a divorcée—is more successful. This is a light novel, written in a breezy, confidential style, in which the heroine, Sheba Williams, aspires to many things, especially to shedding pounds. Then one day she meets a man who loves to cook. . . .

More entertainment for the food-conscious comes from *Tenderfeet and Lady Fingers* by Susan Kelz Sperling. Did you know, for example, that the expression "Eat your heart out" dates back to Edmund Spenser in the sixteenth century? Ms. Sperling has found an expression to fit every part of the body, and researched their origins. You've heard most of them—to get in someone's hair, the apple of my eye, to pull one's leg, and so on—but her visceral approach to words is sure to tickle your funny bone!

Book Summary

For Better, for Worse, by Caryl Rivers and Alan Lupo; Summit Books; $12.95.

Smith College Never Taught Me How To Salute, by Ann Combs; Harper & Row; $9.95.

Aunt Erma's Cope Book: How to Get from Monday to Friday in Twelve Days, by Erma Bombeck; McGraw-Hill; $8.95.

Forget Harry, by Carrie Smith; Simon and Schuster; $11.95.

Love Bites, by Freda Garmaise; Simon and Schuster; $11.95.

Tenderfeet and Ladyfingers, by Susan Kelz Sperling; Viking Press; $9.95. **End**



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WOMEN ON THE GO

FOREIGN FLAVORS FOR LESS: AMERICA'S NEIGHBORS

MEXICO'S YUCATÁN: SITES TO DELIGHT VISITORS

From the Mayan ruins to its white sands and turquoise waters, Mexico, our neighbor to the south, caters to your every mood. By David Nimmons

Mexico's Yucatán. The very name conjures up images of ancient civilizations, strolling mariachi bands and sunny beaches. It may also suggest schedules evaporating into genial disregard, frustrating delays and primitive conditions. Despite this mixed reputation, the Yucatán offers something for every taste—and be assured that your trip won't drain your bank account.

This sleepy, jungle-carpeted plain, lying between the Gulf of Mexico and the Caribbean, holds some of the world's finest ruins—the cities of the ancient Mayas. Chichén Itzá is perhaps the best known of the Mayan holy cities, standing as a tribute to the ancients' sophisticated knowledge of astronomy, astrology, art and architecture.

On Mexico's Yucatán Peninsula rise the ruins of Chickén Itzá.

Most impressive at Chichén Itzá are the Great Pyramid, the Observatory and the Temple of Warriors with its image of Chac, the Rain God, scowling in stony silence at the Ball Court. There, bas-reliefs reveal the court's history: scenes of Mayan athletes competing for the honor of decapitating their opponent in a post-game sacrifice to the leering Chac. There is a lifetime of riddles and discoveries here, but for those of us who don't have quite that much time, the task is made easier by English-speaking guides.

A day of exploring the ruins gives way to thoughts of a warm tub and a good meal. Here, too, Chichén Itzá offers pleasant surprises for the traveler. One of the best is *(continued)*

QUEBEC: A TOUCH OF PARIS NEXT DOOR

For the charm of Europe on this side of the Atlantic—and at half the price—visit Canada's Quebec City this summer. You can sip café au lait in the early morning sunshine, stroll through old narrow streets and bask in the scented gardens high above the St. Lawrence River.

Where else in North America could you smell the enticing aroma of croissants and freshly baked French bread as you walk along cobblestone streets? Where else—as one young man rhapsodized—could you find a more appropriate place to fall in love?

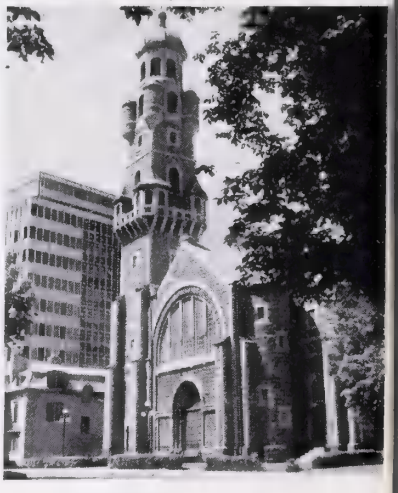
Chateau Frontenac: old world beauty above Quebec City.



Romance, charm, timelessness—all are part of Quebec, where 90 percent of the people speak French as their first language, and just about everyone is courteous and friendly. The city welcomes tourists, and prices generally will make you feel gladly received and pleasantly surprised.

Quebec is encircled by a 400-year-old stone wall, which is nearly unique in North America. Outside, the city sprawls far beyond its old boundaries, metamorphosing into a bustling metropolis—the seat of the provincial government and a hotbed of political activity. But within the Old City or Vieux Québec is a remarkable oasis, where small shops, cafés and churches will carry you into another time.

The Sacred Heart of Mary: one of Quebec's historical churches.



Along Grande Allee, the street that leads to St. Louis Gate—one of the three entrances to the heart of Quebec—you'll find rooms at reasonable prices ($20 to $25 for two) in mansions that have been converted to hotels. Breakfast is not included, but right outside your door are half a dozen cafés. To stay within the walls of the Old *(continued)*

Photographs: top by David Nimmons; bottom, Canadian Government Office of Tourism

Farberware found that the best way to get something done is to go around in circles.

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t works on the principle that if you constantly circulate t air around the food, food will constantly come out better. at's the same concept cooks have used in professional ens for years.

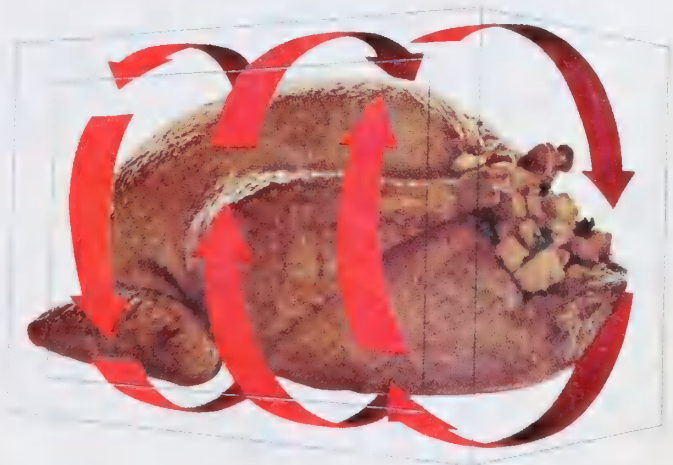
You can roast, bake and broil. In fact, you can roast up to 18 lb. turkey in one-third less time. And because the food surrounded by even heat, you never have to turn any ng over. It also cooks frozen meat in the time it would nor- ally take to cook thawed meat.

Foods look and taste better than ever before. Poultry gets ne to a golden brown, tender and moist throughout. eats come out pink and juicy inside, brown and sizzling tside. And cakes, pies and breads are so light and moist ey'd make a baker envious.

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Here's a way, other than guessing, to know when a rib ast or London broil is cooked precisely to your liking. Our Precision Probe-A-Matic™ Control enables you to hieve the highest degree of accuracy in cooking. All you ve to do is set the control to the correct internal meat mperature for rare, medium-rare, etc. Once you insert meat probe, the oven is on "automatic pilot." It shuts lf off when the meat is done.



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In addition to saving you time, a Farberware Convection Oven saves you money and work.

It cooks so fast and efficiently, it requires less electricity than an ordinary oven. It works on ordinary household current, without needing any special wiring. And, because the air is constantly travelling in circles, it can't escape to heat up your kitchen. You can tell that's true: the oven's top and sides stay cool enough to touch.

It even cleans up after itself. The inside walls of our oven are treated to vaporize food splatters while the oven is on.

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Farberware wasn't content to make only one portable electric counter-top oven that would be vastly superior to any conventional oven made. So, we made three.

There's the Farberware Convection Oven with Precision Probe-A-Matic Control and brushed chrome look (shown below). Or, you can choose a Farberware Convection Oven without the meat probe, in either a brushed chrome or rosewood look.

All three give you great results and take less time, effort and work. And, all three sell for a lot less than other ovens that don't do nearly as much, nearly as well.

The Farberware Convection Ovens. They cook circles around all other ovens.



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MEXICO'S YUCATÁN

continued from P.S. 20

the Villa Arqueologica Hotel. This chain—with hotels also in Uxmal, Teotihuacan, Cholula and Coba—offers a welcome change from the mega-hotels, especially for the traveler with the not-so-mega pocketbook. Run by Club Méditerranée, they seem more like local *haciendas* (large, private estates) than modern hotels. Built around a central court and tiled swimming pool, the rooms are clean, tasteful and brimming with local touches. Dining here is a pleasant, though not spectacular, mix of continental and local dishes. Chichén Itzá also boasts the older Mayaland Hotel, the local grande dame, deluxe in style and price.

Wilder, more magical

Southwest of Chichén Itzá lies the equally popular site of Uxmal, in the foothills of the Puuc region. The ruins here are a bit wilder, more magical, than elsewhere. Nearby is another hotel, Villa Arqueologica, where fresh fruit baskets and bottles of spring water welcome the guest. The hotel has a pre-dinner slide show on the Mayas and after dinner there is a light and sound spectacle at the pyramids: The roar of trumpets and thunder echo across the jungle night.

Uxmal (pronounced "oosh-mal") makes an ideal base from which to explore some of the other ruins in the area. Kabah is an easy 11 miles south; farther on, over the most primitive jeep trails, are the remote sites of Sayil and Labná. Tours to all leave from the Hacienda Uxmal, a fancy, old-world residence. Local guides are well worth their moderate price, since their knowledge of local lore and history enlivens any excursion you take.

For all the grandeur of Chichén Itzá and the mystery of Uxmal, there is no location so glorious as Tulum, on the Caribbean coast. It is a place that inspires superlatives, the "azure lagoons" and "cerulean seas" of the travel brochure lexicon. Though there are fascinating historic buildings, what the wayfarer remembers of Tulum is the captivating image of tumbled, rocky ruins on sand bluffs, overlooking a Caribbean of crystal blue.

Bargains abound in Mexico for the intrepid shopper. Some of the best are the local hemp specialties: striking peasant shirts, sarapes (wool ponchos), skirts, weavings, baskets, colorful rope and hammocks. There are also bargains in silver and copper jewelry and metalware. For the lowest prices, shopping is best done away from the main tourist spots.

As the Yucatán becomes embellished with modern comforts you'll also find modern prices; rooms in the new hotels can run up to $50 a night and a $15 dinner isn't uncommon. Tipping runs at 15 percent. As virtually all service labor is poorly paid—less than nine dollars a day—tipping is important and American generosity appreciated. However, this also means that the fees for good guides, drivers and interpreters are very reasonable. And, happily, Mexico is one of the places in this increasingly expensive world where the dollar is still worth something: 22 pesos, to be exact. (It's like having prices marked in nickels.)

The notorious problems of food and drink are becoming a thing of the past. Tourist hotels use purified water and supply bottled water to guests. But in out-of-the-way cafés, stay away from tap water, milk, fresh fruits and raw vegetables. Your doctor can supply Doxycycline—dysentery insurance in a capsule—but you'll also want to pack your favorite remedies for emergencies.

A stop at Cancun

The perfect way to end your trip is to stop at Cancun on the Caribbean coast. This modern resort has beautiful white beaches, fine hotels and an international airport. Then you can take home the best souvenir of all—a deep bronze Caribbean tan.

For more information on Mexico and the Yucatán call or write: Mexican National Tourist Council, 405 Park Avenue, Suite 1002, New York, N.Y. 10022; tel.: (212) 755-7212. **End**

QUEBEC: TOUCH OF PARIS

continued from P.S. 20

City costs a few more dollars, and for those interested in real luxury, there's always the famous Chateau Frontenac, a grand, castle-like structure in the Place D'Armes. On the outskirts of the Old City, ultra-modern accommodations can be found at the new Concorde Hotel at Place Montcalm. This skyscraper with a revolving penthouse restaurant affords a bird's-eye view of the old and the new.

The best way to explore old Quebec is to walk its steep winding streets, which follow the paths of former creeks and streams. Named for "the place where the water narrows," Quebec is a natural citadel nested high on a cliff above the St. Lawrence River. The old city consists of two major areas, Upper Town and Lower Town.

"Breakneck Stairs"

A hair-raising—but exciting—lift a few feet away from the Chateau Frontenac will take you to Lower Town for 50 cents. Or, take the "Breakneck Stairs"—a wide, sturdy stairway despite its name—to visit the renovated 17th-century houses and other architectural gems. You'll also find art galleries, shops that sell inexpensive handicrafts and all kinds of cafés and elegant restaurants. Don't miss a glimpse inside the magnificent church of Notre-Dames-des-Victoires, either. Built in 1688, it's said to be the oldest standing church on this continent.

Back in Upper Town, alongside the Chateau Frontenac runs St. Louis street, the first road build in Quebec and studded with landmarks like Kent House, where Queen Victoria's father lived for a few years in the 1790s, and the Ursuline Convent, one of the first educational institutions built for women in North America (1639).

Open air concerts are held in the summer at the old Quebec Seminary Courtyard, on Université and Sainte-Famille streets. Be sure to check the schedule for a delightful afternoon or evening event. You're sure to enjoy it. Just a few blocks away is du Trésor Street, a narrow alley that has been taken over by young artisans displaying and selling their wares.

One of the nicest walks in Quebec is along the Dufferin Terrace, a wide boardwalk 200 feet above the river. The terrace skirts the Citadel, a fortress dating from the 17th century, where a changing of the guard ceremony takes place every summer morning.

Or, stroll through the Plains of Abraham, a huge 235-acre park just past the grounds of the Citadel. You'll find a panoramic view of the river and distant mountains, as well as lovely flower beds and walkways. In the center of the park is the Quebec Museum, noted for its collection of regional art.

The Old City

If you head back toward the city on Grand Allee, you'll walk by Claire-Fontaine Street, where there's a new theater and cultural center. Then, before you enter the Old City, you'll see the Cité Parlementaire—several large, majestic government buildings surrounded by landscaped lawns and gardens, as well as a stately fountain.

Quebec is accessible by air, car, bus or rail. United States citizens are not required to carry a passport, but you should carry with you either a driver's license, a birth certificate or some other proof of residency.

The Canadian dollar is worth about 85 U.S. cents, and you will save by converting your cash to Canadian currency in banks, rather than depending on the acceptance of U.S. dollars.

For free maps, travel information and a booklet listing hotels, write: Canadian Government Office of Tourism, 1251 Avenue of the Americas, New York, NY 10020, or The Quebec Tourism Office, 17 West 50th Street, New York, NY 10020.—By Kim Brown



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You'll want to tell the world about this meal to remember. Because it puts delicious romance into Sunday (or any day) brunch. The secret is Lindsay Olives. They add a mellow, nutlike flavor to this quick and easy quiche recipe. And they're guaranteed to help you fall in love at first bite. An olive is just an olive . . . unless it's a Lindsay.®

LINDSAY QUICHE & TELL

- 1½ cups whipping cream
- ½ cup buttermilk
- 4 eggs, lightly beaten
- ½ teaspoon salt
- Dash pepper
- ½ pound bacon, cooked and crumbled
- ½ pound Swiss cheese, shredded (about 2 cups)
- 2 tablespoons sliced green onions
- 1 can (6 ounces) Lindsay large pitted, ripe olives, drained
- 1 pastry-lined 9-inch pie plate or quiche dish (unbaked)

Heat cream and buttermilk; whisk in eggs and seasonings. Stir in cheese, bacon, onions and Lindsay olives. Pour into pastry shell. Bake in 375° oven 30 to 35 minutes, until custard is set and golden. Garnish with chopped parsley, if desired. Makes 6 servings.



WOMEN ON THE GO

DISABLED TRAVELERS: THE SKY'S THE LIMIT

Being disabled doesn't mean being a shut-in—adventure and excitement are within the grasp of everyone. If you are handicapped or know someone who is, here's some information to set you on your way. By Katherine Barrett

People everywhere fantasize about exciting travel—an African safari, shooting the rapids or climbing a mountain in Nepal. Just the mention of such exotic vacations is enough to inspire envy.

Unfortunately, in the past, disabled individuals haven't been able to lift these dreams out of the realm of fantasy. Not so much because of their lack of ability, but because of obstacles placed by others. "Hotels used to hang up on me when I said I was bringing a group with twenty wheelchairs," says Ronni Trabman, manager of All State Mobility Tours, which often serves handicapped clients through group travel. "In the last few years, a lot of doors have been opened."

Hotel chains are widening their doors for wheelchairs; putting signal lights on telephones for the hearing impaired and offering portable refrigerators for those who need to store insulin. The Smithsonian Institution in Washington, D.C., and other museums offer Braille programs and sign language interpreters. Disney World and Disneyland rent wheelchairs and provide other aid to the handicapped. Amtrak and Greyhound allow escorts of the disabled in many instances, to ride for free, and many of the airlines are making major efforts to be accessible.

This year there should be a new burst of activity, too. This is the United Nations International Year of Disabled Persons, and all member countries have been asked to promote "full participation and equality" for these individuals. "We want this to include travel," says Lyutha Al-Mughairy, information officer for the U.N. program. "Travel is education, and we ought to give every human being the chance to enjoy it."

In the long run, the UN program may make travel easier throughout the world, but in the meantime, 28 million handicapped Americans can get assistance from a variety of organizations. And they can find out ways to cut down on costs—traditionally a major problem for disabled travelers. "Everything is just a little more expensive," says a West Virginia woman who has been confined to a wheelchair since a car accident five years ago. "Many of the less expensive hotels just aren't accessible and you have to take taxis or arrange for special transportation because you can't get on buses or trains in even the major cities."

One way to ease accessibility problems is through tours. About 300 travel agents, tour leaders and other travel specialists belong to the Society for the Advancement of Travel for the Handicapped (SATH), and many have arranged exciting and unusual group trips. Treks around the world . . . a climb up the Alps in cable cars . . . a Caribbean cruise for kidney patients . . . an amusement park jaunt for the mentally retarded.

These tours can help cut costs by removing the need to arrange for individualized transportation, medical attention or special meals. Needed equipment can be shared. A medical team may join in the tour, and necessary accessories—ramps for wheelchairs, rubber numbers to mark hotel rooms for the blind—are supplied by tour officials.

For information about traveling write to SATH at 26 Court Street, Brooklyn, N.Y. 11242, or call (212) 858-5483. There are numerous places that will help arrange trips, including:

• Evergreen Travel Service, 19505L 44th Avenue West, Lynnwood, Wash. 98036, tel.: (206) 776-1184. This agency organizes about 15 trips a year for disabled, blind and otherwise handicapped individuals, including the African Safari and rapids shooting mentioned above. Groups average 25 people and are accompanied at all times by two escorts. Tours range from seven days to six weeks, and have included voyages around the world, visits to the South Pacific and trips to India. They average $100 more per person than tours for able-bodied travelers.

• Flying Wheels Travel, 143 W. Bridge Street, Box 382, Owatonna, Minn. 55060, toll-free tel.: 1-800-533-0363, (in Minnesota call 507-451-5005). As architectural barriers have dwindled, this group is doing more and more independent travel arrangements for handicapped individuals. But it also continues group tours and cruises, including 1981 trips to Scandinavia, Hawaii, Israel (possibly) and Las Vegas. Tours range from four days to two weeks, always include a medical escort and also cost slightly more than a regular tour.

• The Guided Tour, 555 Ashbourne Road, Elkins Park, Penn. 19117, tel.: (215) 782-1370 or (215) 635-1960. This nonprofit program for mentally retarded people is operated by a social worker who leads about 30 group tours a year. Both low and high-functioning individuals are accepted, prices are moderate—$105 for a weekend in New York City; $425 for six days in Montreal. For 1981, trips are planned to Florida, Tennessee, Washington, D.C., Hawaii, Lake Placid, New York and the Dutch country in Pennsylvania, as well as a five-week journey through the Northwest. The staff ratio usually is one to five, and groups range from 12 to 40 people.

For those who want to travel on their own, several good books are available, including the comprehensive *Access to the World: A Travel Guide for the Handicapped*, by Louise Weiss (Chatham Square Press, $7.95).

Information about a city's accessibility is available through the Chamber of Commerce there. But the real key is to plan ahead. "Airline and hotel employees need to be alerted to your needs," explains Micki Eichler of SATH. "Then they can help, and *you* can enjoy yourself to the fullest." **En**



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SEEKING THE SUN
THE FABULOUS FOUR CORNERS

In the arid, expansive West, nature has created a magical scene of monuments and mountains, with a rugged beauty and a history to match. By Phyllis Funke



Carved into a parched, bleached and barren stretch of the great Southwest is an asphalt circle. On that circle sits a 25-foot-square granite slab. And in the center of that slab is a spot unique in the United States—the one place in this country where four states come together.

These states are New Mexico, Arizona, Utah and Colorado. The landmark is known as the Four Corners, and within a 150-mile radius lie some of America's most intriguing and exotic attractions. Moonscapes and mountains; ghost towns and boom towns; stone age remains and atomic age reminders—all contribute to the Four Corner area's distinctive, multifaceted character.

As do the people. This is a land of Indians and Hispanics, with spoken English often an accented, fractured second language. Everyone else in the area (be they cowboy or Mormon, black or Asian) falls into one great category: Anglo.

Casualness is virtually a religion: witness the sign in the Culpepper Cattle Company, a steak house in Gallup, New Mexico, which proclaims that if a man should be so formal as to enter wearing a tie, it will be cut off.

So, too, is rugged individualism still an article of faith. And, though churlishness can exist, frontier hospitality also abounds—like that offered at the Recapture Lodge in Bluff, Utah. At this spot—on the way to everywhere in the Four Corners area, but itself in the middle of nowhere—geologist Eugene Foushee and his wife, Mary, create a home-away-from-home by running nightly slide-show get-togethers for guests and placing books about the land in their rooms.

Though the Four Corners area can be reached from any surrounding state, perhaps the best starting point is Albuquerque, New Mexico, which has the closest major airport. To get to know this territory, you might begin with a 2.7-mile tramway ride up Albuquerque's Sandia Peak to an elevation of 10,360 feet. On a clear day, of which there are many, you can see 11,000 square miles as you drink or dine at the mountaintop's High Finance restaurant.



With mountains and moonscapes, the vast territories (above) are among many scenic pleasures of the Four Corners—marked (below) by a granite slab, where Colorado, New Mexico, Arizona and Utah meet.

A visit to the National Atomic Museum reminds you that the first atomic bomb was exploded not far away. A stroll through Old Town reveals a concentration of low, coral, apricot, dusty rose and beige adobe buildings, some dating from 1706. Many, with portals or roofs that overhang the sidewalks, face a plaza where Indians frequently gather to purvey their silver and turquoise jewelry.

Almost immediately west of Albuquerque, you can get an even fuller view of this fascinating culture. A 50-mile drive through a landscape of freestanding mountains and impressionistically etched red sandstone mesas or tables takes you along a road edged with asters, daisies, yucca, salt bush, chamisa, cedar and piñon trees. At the end is one of New Mexico's older and more notable pueblos, Acoma (AH-koh-ma, established as early as 900 A.D.

In this village—dubbed "Sky City" because it sits upon a rock 400 feet high—you can see block-like, stacked, adobe "apartment buildings" (some with mica windows).

New Mexico boasts 19 pueblos, communities of sedentary Indians grouped not as tribes, but as villages. Each pueblo has its own individuality: The Zunis make excellent jewelry; San Ildefonso, inspired by its world-renowned potter, Maria, makes burnished black pottery; Taos, the most famous pueblo, puts on outstanding ceremonials, particularly the San Geroñimo Festival on September 30.

Between Acoma and Window Rock Arizona (the capital of the Navajo Nation) lies Bandera Crater, an almost 1000-foot erupted volcano to which one walks along a trail of porous, spongy lava; a cave in a collapsed lava tube whose walls, even in 90-degree weather, are perpetually covered with ice and El Morro National Monument, a huge sandstone protrusion on which centuries of travelers have carved their comments.

Beyond Window Rock, on the mammoth Navajo Reservation, stands the Hubbell Trading Post National Historic Site, headquarters in the second half of the 19th century for the dean of traders to the Navajo, John Lorenzo Hubbell. His house has an extensive rug and basket collection, and at the still-operative store, you'll learn that the Indians *(continued)*

Photographs by Phyllis Funke

How smart is the new GE 2500 Dishwasher?

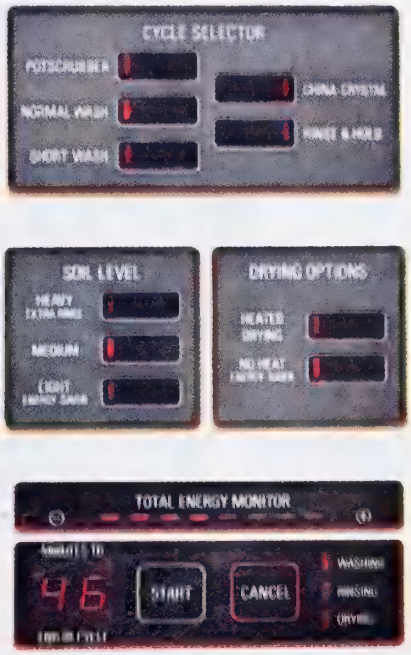
Just ask it.

The new 2500 Dishwasher from General Electric has solid-state electronics so advanced you have almost unlimited control over cleaning levels and energy use. If you want to know what the GE 2500 Dishwasher can do for you, just ask it.

Ask it to get all kinds of dishes sparkling clean. From delicate crystal to pots and pans with baked-on food—just tell the dishwasher what you're washing. It automatically selects a soil level and gets your dishes sparkling clean.

Ask it how much energy a particular washing cycle uses. Our exclusive Total Energy Monitor shows relative energy used for the soil and drying options selected with each of our 4 wash cycles: Potscrubber, Normal Wash, Short Wash or China/Crystal.

You can even save energy by cancelling the drying cycle and letting your dishes dry naturally overnight.



We bring good things to life.

GENERAL ELECTRIC

Ask it to tell you what it's doing. GE electronics make this dishwasher smart enough to tell you if certain things have gone wrong (like a household power failure or a plugged drain) and if you can fix it yourself. That can save on unnecessary service calls.

This dishwasher also shows you how many minutes to the end of the washing cycle. You'll always know when your dishes will be clean.

Ask your dealer about our PermaTuf™ tub's full 10-year warranty. Our exclusive PermaTuf tub is warranted against cracking, peeling, rusting or leaking for 10 years, in normal use.

Is the 2500 Dishwasher from General Electric smart enough to help change the way you do dishes?

Just ask it.

For your nearest GE Dishwasher dealer, call toll free **(800) 447-2882.** In Illinois only, call **(800) 322-4400.**



FABULOUS FOUR CORNERS

continued

loved packaged pears, calling them "apples-with-tails-on-them-in-cans." To the north is Canyon de Chelly National Monument, where nature has done some of her most impressive wind and water sculpting, forming an 800-foot-tall sandstone spire called Spider Rock. Cliffs there shelter ruins and petroglyphs (rock carvings) left by Indians, and a river bed with hogans (six- or eight-sided Navajo homesteads) still harbors these Indians in this ancestral stronghold.

The doyenne of nature's artistic sandstone efforts is, of course, Monument Valley, lying astride Arizona and Utah. Its great free-standing Bear, Rabbit, Castle Rock and other creations are often captured on film, whether in John Ford's *Stagecoach* or a recent automobile commercial. Eugene Foushee runs tours into the valley, from Bluff, offering lectures on the monuments' formation. He also sends you clambering over the rocks and takes you to lunch at the encampment of Navajo Suzie Yazzie, an elderly lady with a tolerant grin, who deftly kneads dough into flat frybread, folded into envelopes and filled with meat, relish lettuce, buttermilk sauce and cheese. Gene has dubbed this creation Navajoagies.

This area abounds with numerous other natural sculptures and recreation areas, including those located at Natural Bridges National Monument; Canyonlands National Park; Rainbow Bridge National Monument; Glen Canyon National Recreation Area and the Goosenecks of the San Juan River, which snakes through a deep canyon navigable by raft.

Changing direction only slightly brings you out of the desert wonderlands and into the verdant Rockies. Aside from its many ancient cliff dwellings, Mesa Verde, rising majestically over the Colorado plateau, is a refreshing stretch of green.

There are, of course, more ruins, more recreation areas, more scenic wonders, more everything—all crowded into one relatively small section of a great big map. Spring and fall are good times to visit, but summer is not uncomfortable and the winter brings snow, skis and snowmobiles to the land.

For further information, contact the following state tourist offices:

- New Mexico Travel Division, Commerce and Industry Department, Bataan Memorial Building, Santa Fe, New Mexico 87503.
- The Utah Travel Council, Council Hall, Capitol Hill, Salt Lake City, Utah 84114.
- The Arizona Office of Tourism, 1700 West Washington, Suite 501, Phoenix, Arizona 85007.
- Colorado Office of Tourism, Division of Commerce and Development, 1313 Sherman Street, Room 500, Denver, Colorado 80203. **End**



WOMEN ON THE GO

FAMILY PARKS WITH A DIFFERENCE

A child's fantasy can be fun for the whole family at innovative amusement parks where excitement, action and education take the place of traditional rides. By Shirley J. Longshore

Ever jump into a sea of 80,000 plastic balls? Or swing 120 feet through the air on a rope attached to a pulley? Or dance your way around an expansive array of cargo netting?

Sesame Place, a three-acre family park situated between Philadelphia and Trenton, New Jersey, is a child's dream come true. No one is a passive passenger here. In place of traditional rides, this giant "playground of the future" gives children a chance to climb, crawl, jump, slide, hop, pedal, play and generally burn up enough energy to power a dozen run-of-the-mill amusement parks.



Four stories high, cargo nets provide a safe and challenging spot to climb.

A huge plastic "Big Bird" greeted my family when we arrived at the park, but his open mouth—the gateway to an outdoor playground area—was hardly as wide as my childrens'. The action began at once. While I helped my two-year-old son, Jamie, investigate the giant, multi-leveled rubber parts of the Sesame Street Construction Company sandbox, my nine-year-old daughter, Patricia, was swinging 120 feet through the air at Super Grover's Cable Glides.

"Can you imagine grown-ups asking me to take my shoes and socks off," she commented later as she entered the Count's Ball Room, where she would swim in a two-foot-deep "pool" of those 80,000 lightweight plastic balls. Patricia's delight never ebbed during the day, and Jamie, a new aficionado of the *Sesame Street* television program, seemed equally charmed.

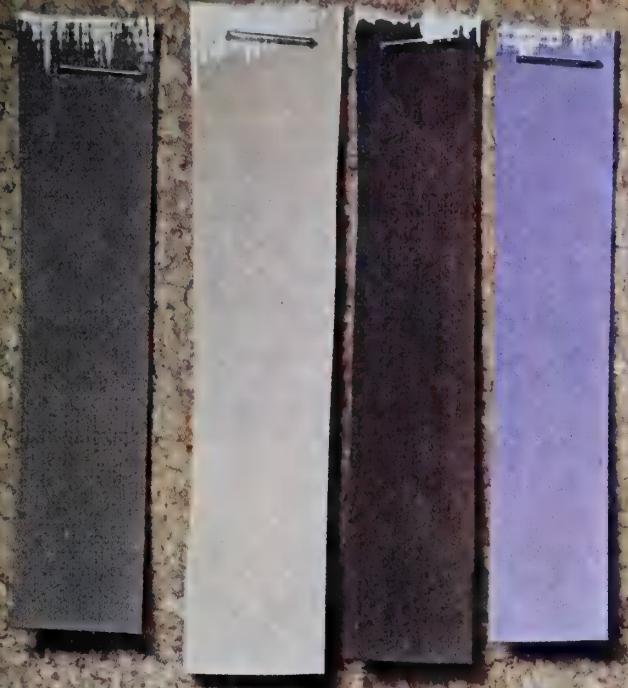
Sesame Place, which opened last year, was developed by the Children's Television Workshop and the Busch Entertainment Corporation. Geared to families with children from ages three to 13, it skillfully combines education, entertainment and action. The name of the game here is *doing*—for parents as well as children. It's energetic, involved play in attractions with names like "Cookie Mountain" and "Rubber Duckie Pond." And as of this summer, many of them will be open to adults who like net climbing, water crossing and sliding with their children.

But the outside play area is only half of the fun. Inside, a fascinating gallery of computer games and science experiments stretch the intellect in the same way as the play elements stretch the body. By pedaling a bicycle, children can see how much power it takes to light up a bulb—and get a deeper understanding of the energy crisis at the same time. There are playful lessons in space and gravity, motion, sound and illusion, as well as games that draw on the latest advances in microcomputers and video technology.

No one is too young or too old. As I helped Jamie press the buttons of the Mup-O-Matic game to identify his favorite Muppets, Patricia was operating a simulated lemonade stand, and making important business decisions by computer. Nearby, we all admired a working model of the set from TV's *Sesame Street*, which has charmed and educated pre-schoolers since its premiere 11 years ago.

One final note: Your children also will have fun watching the preparation of nutritional foods at Sesame Place's restaurant, The Food Factory. *(continued)*

"Flamestitch" includes products of 50% Dacron® polyester and 50% combed cotton.







YES, OUR COLORS ARE UNUSUAL. BUT IT'S THE WAY WE PUT THEM TOGETHER THAT REALLY SETS THEM APART.

MARTEX®. THE ART OF MAKING A BED.

West Point Pepperell

"SUDDENLY SMOOTH"®
FULL-FIGURE BRAS
WITH
THE OLGA TOUCH®

If you're a C, D, or DD figure, now you too can enjoy Olga quality, fit and fashion smoothness. Even if you've never been able to wear Olga before! Comfortable plush-cushioned straps, flexible underwire support, no-seam cups framed in soft silky stretch. So especially for you, Olga doesn't even make it in A or B! #320 with lacy less-bra look, Nude, Champagne or White. #319 untrimmed, Nude, White, Black. Both 32–38 C, D, DD. From 14.50 to 16.50



behind every OLGA® there really is an Olga



FAMILY PARKS
continued

A transparent, open kitchen reveals cooks making whole wheat dough pretzels, wraparound hot dogs with a high fiber crust and Great Salad crackers that provide 60 percent of a day's needed protein. Little bags may appear to hold French fries, but instead are filled with crisp strips of raw vegetables or crunchy baked potato "Snuffles."

Parts of Sesame Place are open all year, with hours varying by season. Admission is five dollars, though there are extra charges for the computer games. The address is 100 Sesame Road, Langhorne, Pennsylvania, tel.: (215) 752-7070.

Unique outdoor play possibilities are also an important feature of another action park in the heart of the Midwest—Sea World in Aurora, Ohio. Sea World? In Ohio? That's what I thought, but who says you have to have an ocean nearby? There's a whole country out there that would miss a lot if that were the case.

For the children, there are many nautical challenges in a theme play area where a new 60-foot ship will be christened this summer. Younger children are invited to climb its nets and shoot water from its cannons, though there are weight limitations that keep larger "sailors" on shore.

"The hardest problem we have is keeping the adults out," says Fred Corrigan, the park's public relations manager. "You'd be amazed at the excuses grown-ups make to get in with their kids. Men who dreaded the 'hand over water' ladder exercises in the Army are dying to try it out here." But all is not lost. Parents are allowed, however, to accompany their offspring to Cap'n Kid's Magic Theatre where magician Ralph Adams, now in his seventies, handles 550 shows in the course of a summer. And everyone can watch a spectacular water ski show, depicting the legendary feud between the Hatfields and the McCoys in speedboats that look like "Tin Lizzies."

An added thrill for young television fans is a specialty animal show that includes "Boomer" of TV's *Here's Boomer* fame, and Fred, the cockatoo, co-star of *Baretta*. Not to be outdone by the animals, two legged entertainers—country & western singers Tom T. Hall and Jeannie C. Riley and TV's *Happy Days* actor, Scott Baio—also will appear at Sea World this summer.

Sea World is open rain or shine from nine A.M. to nine P.M. every day from May 23 through September 7. (An animal and marine-life education program is sponsored by the park during the rest of the year.) The admission price, $8.95 for adults and $7.95 for children, covers all the entertainment, and along with many interesting restaurants, there's a large picnic area. Twenty miles from Cleveland, Sea World's mailing address is Sea World Drive, Aurora, Ohio 44202, tel.: (216) 562-8101.

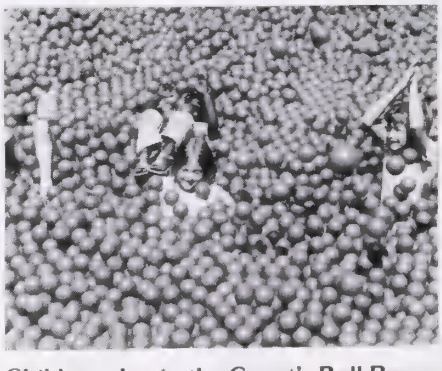
Just as intriguing as the playgrounds of the future are those of the past, and families looking for a little nostalgia in this fast-paced world will enjoy Greenfield Village in Dearborn, Michigan.

Within the village is Suwanee Park where an authentic turn-of-the-century amusement park area gives children and adults the chance to ride a wooden carousel from that era, complete with 40 painted animals of all kinds. While Sesame Place's computer games are the wave of the future, here the penny arcade's 32 original slot machines, from the early part of the century, also test your strength and skill, tell your fortune and challenge you to games.

Near Suwanee Park is a lagoon where a paddlewheel steamboat takes visitors around an island. Steam locomotive trains from the 1870s pick up visitors at the gate and take them the two and a half miles around the park. But most of the transportation through the village is horse-drawn—unless you think you want to try one of those new-fangled Model T's!

The heart of the village itself contains some 100 transplanted historic buildings, including the bicycle shop where Orville and Wilbur Wright developed their "flying machine," the Illinois courthouse where Abe Lincoln tried his early law cases and the almost 200-year-old birthplace of horticulturist Luther Burbank. Adjacent to Greenfield Village is the Henry Ford Museum, with one of the most complete vehicle collections in the world, and extensive craft demonstrations.

All kinds of special events are sponsored at the 260-acre site, and you just might run into a caravan of antique fire engines or a special music festival. Open all year, the village and the museum have separate admissions. Each is $4.75 for adults, $2.50 for children ages six to 12, free under six. Summer hours are nine A.M. to six P.M., and you can write to either in Dearborn, Michigan 48121, tel.: (313) 271-1620. **End**



Children play in the Count's Ball Room, an inviting pool of lightweight balls.

Carlton is lowest.

The **U.S. Government**, since 1970, has issued 16 reports on the tar and nicotine content of cigarette brands. In these 16 reports no cigarette has ever been reported to be lower in tar than CARLTON.

Today's CARLTON has even less tar than the version tested by the Government in its most recent report.

In fact, many new brands have been introduced since, including some "ultra low tars." But despite the new entries, CARLTON has maintained its leadership position—**CARLTON still lowest.**

Carlton Box—lowest of all brands.
Less than 0.01 mg. tar, 0.002 mg. nicotine.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Box: Less than 0.01 mg. "tar", 0.002 mg. nicotine av. per cigarette by FTC method.
Soft Pack: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report Dec. '79.

Bounce keeps clothes smelling fresh from washday to wearday.



Bounce® Fabric Softener not only leaves your clothes soft and controls static cling, it keeps them smelling fresh for a full week in the drawer. Because Bounce works in the dryer, so its long-lasting fresheners don't get rinsed away.

No other fabric softener has Bounce's unique fresh scent.

This Whirlpool dryer comes with Finish Guard Control that helps protect against wrinkles by tumbling the clothes in cool air after the drying cycles are completed.



Whirlpool packs Bounce in every one of their new Whirlpool dryers.



Bounce has agreed with dryer makers to supply Bounce samples packed by them and to feature their dryers in Bounce advertising.

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LADIES' HOME JOURNAL/APRIL 1981

HAVE YOU SEEN THESE CHILDREN?

CHILD SNATCHING: THE CRUELEST CRIME



Joanna Yerkovich



Kenneth Allen Gaddis, Jr.



Ashley Lemoyne Gaddis



Heather (Blackburn) Vaughan



Kevin Reiss



Stephanie JoRey (Yount) Garner



James Kennedy



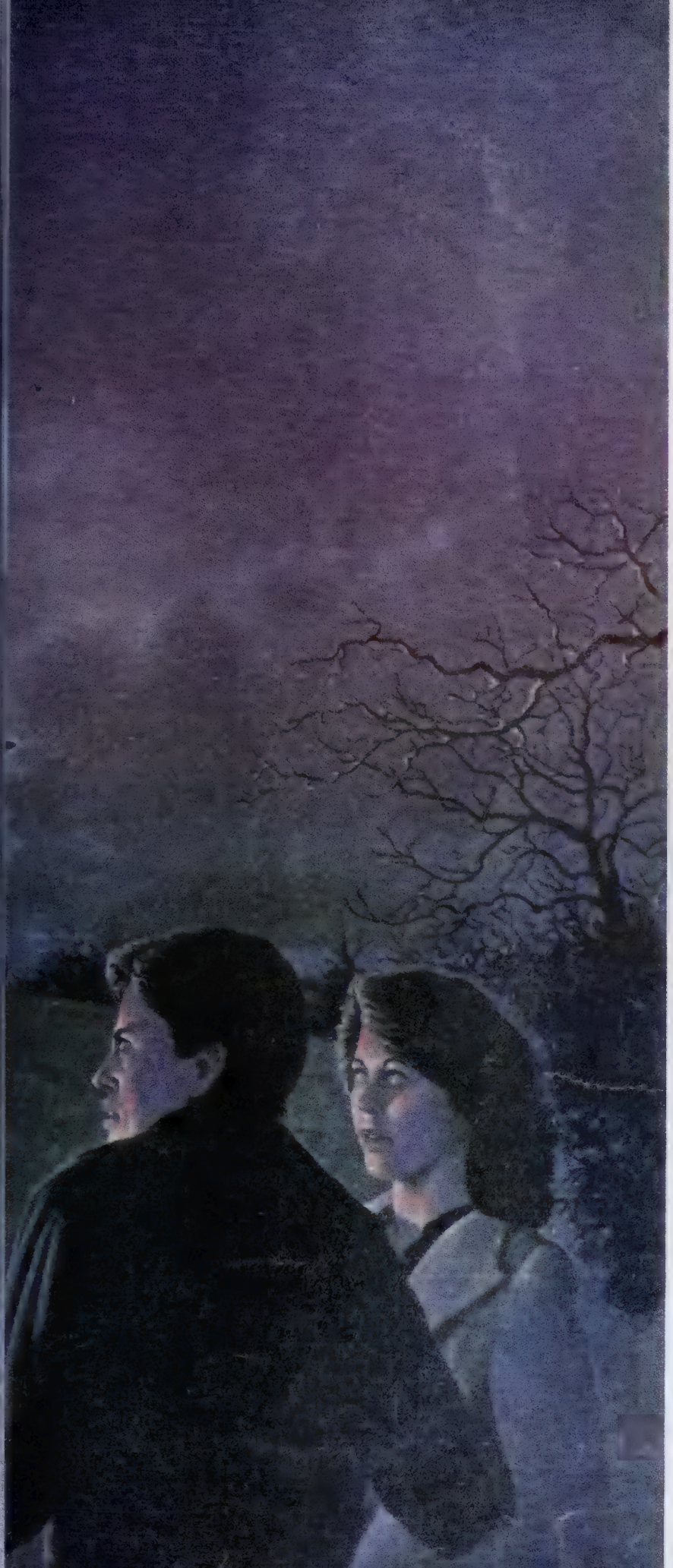
Christopher Kyle Gaddis

Each year thousands of feuding mothers and fathers kidnap their offspring from the other parent. The victims—innocent children—are scarred for life. By Sally Abrahms and Joseph N. Bell

It was a cool evening in March 1977 when Robin Reiss, her parents and two-and-a-half-year-old son, Kevin, walked away from a friendly diner in Brooklyn, New York. After a traumatic divorce, Robin was slowly adjusting to her new life, glad for any relaxing moment when she could enjoy her mischievous, lovable son. The boy was giggling when Robin felt his grip on her hand suddenly tighten. It was at that moment that a horrible, ongoing nightmare began. From across the street, six burly thugs were sprinting toward the family. Quickly, Robin grabbed her son and turned to run, but within seconds one of the men had grabbed the boy's shoulders and was prying him away. Kevin screamed "Mama!" and Robin saw the toddler reaching his arms toward her before she was blinded and silenced by a faceful of burning mace.

The boy's grandfather, who tried to grab his grandson in the (continued on page 124)





A chilling new suspense novel by the author of best-selling "The Amityville Horror." Read this excerpt about the house the devil himself owns...and lock your doors!

666

BY JAY ANSON

Murder House, Site of 1973 Tragedy, Moved from its Foundation

Seattle (September 10, 1978): A yellow and white frame house, site of a brutal double killing five years ago, was placed on a low-bed trailer yesterday and trucked to Puget Sound.

Early this morning, waterfront residents watched as the two-story house was winched aboard a barge and towed out to sea.

The Victorian-style home at 666 Bremerton Road had remained empty since 1973, when James Beaufort committed a double murder inside the building. The brutality of the killings shocked this quiet residential section of the city. Beaufort's attorney denied that his client was physically strong enough to have committed the slayings. But in a surprise development at his trial, Beaufort confessed to both murders in open court.

The former city councilman testified that he rented the dwelling for Patricia Swenson, a secretary in his office. Beaufort asked his wife for a divorce so that he could marry Ms. Swenson, but she refused. Shortly thereafter, Beaufort caught his brother-in-law, Edgar Sutton, alone with Ms. Swenson. In a jealous rage, he slaughtered them both.

"I thought he had talked Patricia into leaving me," Beaufort testified. Since 1974, he has been serving a 20 years to life sentence at McNeil Island Federal Penitentiary.

According to Spatz Realty, several offers to buy the home were received over the past several years. But the owner, who is listed on the tax rolls as a Mr. Coste, refused them all.

The owner's address is listed in care of Spatz Realty. But no one at the real estate office recalls meeting him in person. They claim he transacted all his business by mail and by telephone.

Several times, neighbors spotted a flickering red light inside and called the fire department. But there was never any visible smoke or fire damage.

Mr. Coste did not inform Spatz Realty where the house's new site will be. The company hired to move the structure could not be reached for comment.

Tuesday, April 10, 1979

Ten days in the Caribbean were just what Keith Olson needed. He had spent most of the winter *(continued on page 139)*

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Hot News: Summer-Cool Sweaters

Playful new knits with a touch of wit . . . a stamp of strong graphic design. Easy-to-wear cottons that will charm your life . . . now and on through summer. Looking cool here, Mary Crosby, star of *Dallas* . . . also known as "I Shot J.R."



Being cast as the bad girl of television's biggest cliff-hanger didn't hurt Mary (daughter of Bing) Crosby's career. Just the reverse. As Kristin, she'll be back to haunt J.R. and his oil-rich clan. Plus, Mary's landed a key part in a new TV pilot called *Golden Gate*, the tangled story of a San Francisco publishing family.

Photographs by Charles William Bush.
Hair and makeup by Armando Cosio.

Clockwise from top right: • Heard it on the grapevine—much talked-about cotton sweater with a trio of purple grape clusters. By Gregge Sport, $96. • Going fishing—in a pretty purple sea-scene; boatneck sweater with 3/4 sleeves. By Outlander, $44. • Everything's ducky—puff-sleeved blue pullover sporting quackers. By Wayne Rogers, $37.50. • Native dancers—a quaint group of handholders sashay across a red crewneck. By Outlander, $38. For accessory information, see page 110.






Ladies' Home Journal
needle &craft

Hot News: Summer-Cool Sweaters

Custom-look sweaters to craft at great savings! All wonderfully emblazoned with bold designs . . . flowers of the fields or fluffy bunnies . . . to knit, to love. Showing off these offbeat pullovers, Linda Kelsey, the truth-sleuth reporter of *Lou Grant* fame. By Ann B. Bradley, Crafts Editor.

Where does the character end and real life begin? Linda Kelsey, who plays journalist Billie Newman, identifies strongly with her crusading role. She's been busy speaking on the college circuit, which considers Billie the prototype of today's professional woman. On the personal side, Linda, an avid knitter, plans to raise sheep so she can work with her own sheared-and-spun wool.

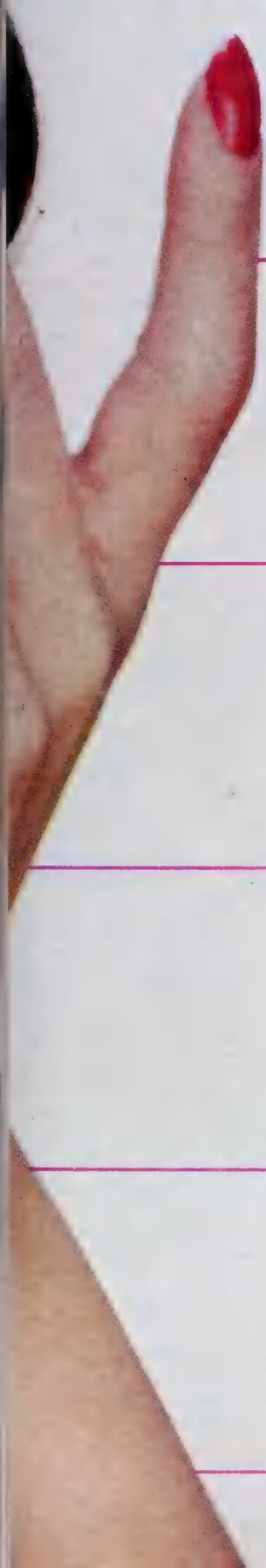
Counterclockwise from top left: • Roots—earthy iris springs forth on a mint green sweater. Handknit by Audrey Peyton. • Hippity hop—running rabbits frolic with fuzzy red hearts. Handknit by Mei-ling Louie. • Tall tulips—a row planting of bright blooms. Sweater has added charm of peplum, pointelle details. Handknit by Zelda Dana; Orlon/wool "Le Yarn" by Pingouin. • White dogwood—solo flower with scattered buds on dimpled sleeves. Handknit by Audrey Peyton. Iris, rabbit and dogwood sweaters in wool/rayon "Cravanella" yarn with angora accents, by Melrose. Instructions, page 134.



The New Makeup Colors

Take years off your looks!

Looking your best means paying attention to details. The way you wear your blush . . . the color of your eyeshadow. Nothing "dates" you faster than tired old makeup habits. For a fresh face (and hands), here are the newest colors, beauty points . . . plus special tips for all ages! By Maureen Lynch, Director of Beauty and Fashion.



Special guidelines for your age group

A FULLNESS OF BROWS

Brows are one of the most ticklish beauty points. Too many women overpluck them to skinny arches above their eyes—and have done so for years. Let them grow in to controlled fullness. If skimpy, use a brow pencil (not black, it's too harsh) or brow powder (applied with brush). Here, Maybelline Brow & Liner Pencil in "Dark Brown."

30's	*Supervise growth of your brows. Pluck strays and neaten up . . . but never tweeze on top.*
40's	*Brush and train eyebrows "up." It gives a fuller, younger look.*
50's	*Go for a lighter shade of brow pencil. Apply in short feathery strokes; never a dark, hard line.*

A BLENDING OF SHADOWS

The newest eye look is a multi-coloring of shadows. Soft-hued rainbows that interplay at least three shades. Different tones of the same color or a bolder blend. Darkest goes in the eye crease; medium-to-light on lid; lightest under the eyebrow. Shown, Almay Color Rich Eyeshadows; "Jungle Palm," "Shell Violet," "Banana Creme."

30's	*After you've applied your eyeshadow colors, smudge gently to have shades blend.*
40's	*Don't let the corners of your eyeshadows head downward—always wing up!*
50's	*Make sure your trio of colors are all matte—not iridescent.*

A SHEERNESS OF FOUNDATION

Very porcelain-doll and very pretty—matte foundation creates the perfect background for today's soft makeup colors. Save any traces of shine for your eyes, lips, nails. Unlike the thick-as-plaster matte look of yesteryear, these new foundations are subtle and sheer—yet they cover evenly. Here, Cover Girl Tube Make-up in "Medium."

30's	*Matte foundation comes in both liquids and creams. If skin is oily, use water-based makeup.*
40's	*Before you apply even a sheer foundation, moisturize first.*
50's	*Check that your face color and neck skin tones match. Use foundation more sparingly.*

A FLUSH OF BLUSH

Forget about the precise slashes of burgundy or cinnamon under your cheekbones. A younger, more appealing way to wear blusher is higher, rounder. More like an innocent flush. Choose lighter colors that wash over the skin so no one can tell where the blusher starts or ends. Here, Revlon The Rouge in "Rouge de Peach."

30's	*Really, give up contouring. It looks dated and artificial—not blooming and believable.*
40's	*In the evening, carry blush around the temple and up to the hairline for a dramatic lift.*
50's	*Colors should be on the light side—pinks and corals. Nothing too intense!*

Photographs by Les Underhill. Hair and makeup by Rick Caldwell.



Special guidelines for your age group

A COATING OF COLOR **Mascara now comes in wonderfully vibrant colors—forest greens, sapphire blues, lush violets, dusky aubergines. For a flutter of fun, flick your lash tips (top and bottom) with a new color. Lashes will look instantly prettier. A delightful change from plain black or brown. Here, Estée Lauder Luscious Creme Mascara in "Plum Royale."**	**30s**	*Choose a color that complements (but not necessarily matches) your eyeshadows.*
	40s	*A bright touch. Apply color over your regular mascara for a dash of excitement.*
	50s	*Keep the color on your upper lashes only—to carry the eye up, give quick lift!*
A DUSTING OF POWDER **Loose powder is back—shaking up your basic look and settling down to give your skin a perfect matte finish. Keep in a jar or convenient compact. For a lighter touch, fluffy pouffs are better than flat powder patters. Or for more control use a full-bodied brush. Shown, Evelyn Marshall Finishing Poudre in "Transparent Beige."**	**30s**	*For evening glamour, switch to loose powder with light-catching golden shimmers.*
	40s	*After applying powder, shake out your brush and go over face again to remove excess.*
	50s	*Avoid putting powder around dry eye area to keep particles from sinking into creases.*
A LIGHTNESS OF MOUTH **Banished are the murky wine-dark reds, the burnished nut-browns. New colors are lighter, more buoyant—from the porcelain-pales (for the very young) to the bouquet-brights. Warm corals and pure pinks heat up the day and night. Iridescents suddenly look more lustrous. Here, Ultima II Super Luscious Lipstick in "Rosefeather."**	**30s**	*Go for the sunniest colors—sheer shades of melons, corals and rose-pinks. Upbeat.*
	40s	*Look for lipsticks with more of a matte finish (gentler than the iridescents).*
	50s	*Outline your mouth with liner to "hold" lipstick. Make sure liner color is light, lively, too!*
A PALENESS OF NAILS **The new shades for nails have a romantic appeal, a tender touch. Nothing tough or glaring. Colors range from the monochromatic beiges all the way to candy-pinks and tropic corals. More news—nails no longer have to be "matchy-matchy" with lipstick (just in the same family). On hand, Cover Girl NailSlicks in "Classic Pink."**	**30s**	*Apply a few coats of polish for more intensity. Add gleams of iridescence for big evenings.*
	40s	*With iridescents, lean toward the lighter pearls instead of the heavier frosteds.*
	50s	*Paint on one coat of color, finish with a clear topcoat for a soft, sheer look.*

Use makeup as a strong accessory tool . . . to give clear focus to today's fresh look. Emphasis is on the eyes . . . with playful special effects (be inventive). No hard lines, all soft edges. Whether you're in your 30s, 40s or 50s (on up), start something pretty for the warm weather ahead.



Style on a Shoestring

More clever than costly. It's the answer all across America to big dreams but small decorating budgets. Here and on the next pages are two of many women who've used imagination and energy (to craft, collect, recycle) . . . putting together warm, exciting homes at little expense. By Joan Tully, Home Editor.

Spark that lit the do-it-yourself fire for Sharri Kinkead of Glastonbury, Conn.: seeing one simple but expensive sofa (over $1,500) in a department store. Liking the look but not the price, Sharri instantly resolved, "I can build it better." Results? A terrific, four-piece sectional (shown right) for only $300!

Clever with her hands yet technically unskilled, Sharri immediately enrolled in an evening woodworking class at a local junior high school. This course provided the tools and guidance needed to build pieces she had picked out from magazine plans. "The hardest part of the entire project was fitting the 4'x8' strips of lumber into my 2'x4' Toyota," she jokes. Building and upholstering these units took part of every weekend for three months, but Sharri found the challenge "exhilarating." The low cost included everything—wood, foam, fabric ($1.99/yard at a fabric mill store), *even* the fee for the course.

Pleased with her first project, Sharri tackled more of the major furnishings in her new apartment at a converted soap factory. She made a corner table ($10) from a plywood circle nailed to a wooden stool, and covered it with leftover fabric. Her sleekly modern coffee table is a $6 clay sewer flue (good idea!), topped with a slab of glass (gift from a friend). Sharri even knitted the honey-wool afghan, sewed some throw pillows.

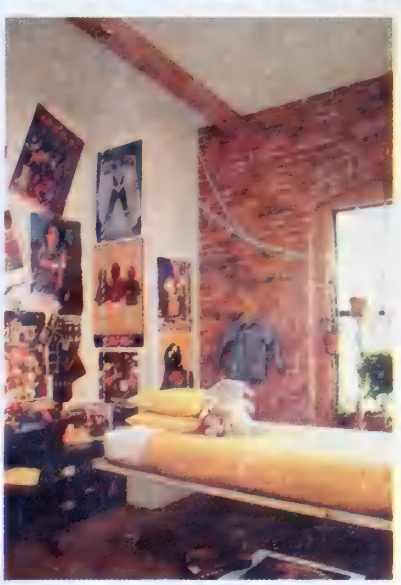
Inset, near right: A garden-fresh feeling for Sharri's bedroom. She draped sheets from a ceiling beam as a flowery backdrop for the bargain ($10) bed. Sling chair was fashioned from scrap lumber, more sheeting. A garden swing lends the perfect lazy but romantic touch.

Inset, far right: Freewheeling place for a young son to live, sleep. Easy-to-make bed, a 2½" thick sheet of plywood, swings from ceiling beams on sturdy chain. Desk and chest were tag-sale discoveries (both, $50). Chair was free—a basement find.

Photographs by Ralph Bogertman. Shopping information on page 110.


PANDORAS
BOX







Style on a Shoestring



Searching for special finds. When Dottie Ann Stefancies realized many antique dealers secured their wares from buying out old houses, she embarked on a quest all her own. First investment: a $13 detailed map of northern New Jersey to quickly pinpoint sales (garage, tag, estate) advertised in her local paper.

"Anyone can decorate a house beautifully with a lot of money," explains Dottie Ann. "The challenge is doing it on a small budget." Son, Jeffery, 13, shares his mother's eye for recognizing true value under ten layers of paint—often goes bargain-hunting with her.

For fun, Dottie Ann has kept a track record, noting date and price. Here are some ways she's furnished her new home with skill and proud possessions.

Opposite page: Dining table and chairs were already hers—but needed an uplift. Handy with a needle, Dottie Ann upholstered the chairs, ran up draperies to match. The buffet table (left) was found painted gold (for $20). She removed the garish color, restored it. Table lamp ($32) polished up to a bright shine; antique decanters ($25) on a brass tray ($8) completed the worldly look. To the Old Master-style oil painting ($20) she added the soft glow of light. More light is shed from the handsome chandelier, a steal at $30. Best buy of all: the corner cabinet, for $200. Painted loud orange, it was a risk—but luckily, Dottie Ann uncovered fine wood in splendid shape.

Inset, far right, above: Streak of imagination—a leaf from a broken table became a window shelf (cost, $2). Bench, originally French Provincial white, was picked up curbside on a neighboring street.

Inset, far right, below: Tucked in the corner of the livingroom, a still life of objects. Dropleaf table ($7) found in pieces in a cellar; old three-wheeler ($25) at an antique car show; and original cat pillows, $2 each.

Inset, near right: Focal point of garden room is loveseat put together from a pair of bed-ends ($4) that were found gray with mildew in a nearby garage. Seat and back were added: sunny pillows were sewn, sweetly appliquéd. Coffee table was once a copper wash boiler ($1); side table, an upended wicker basket with circle of glass.





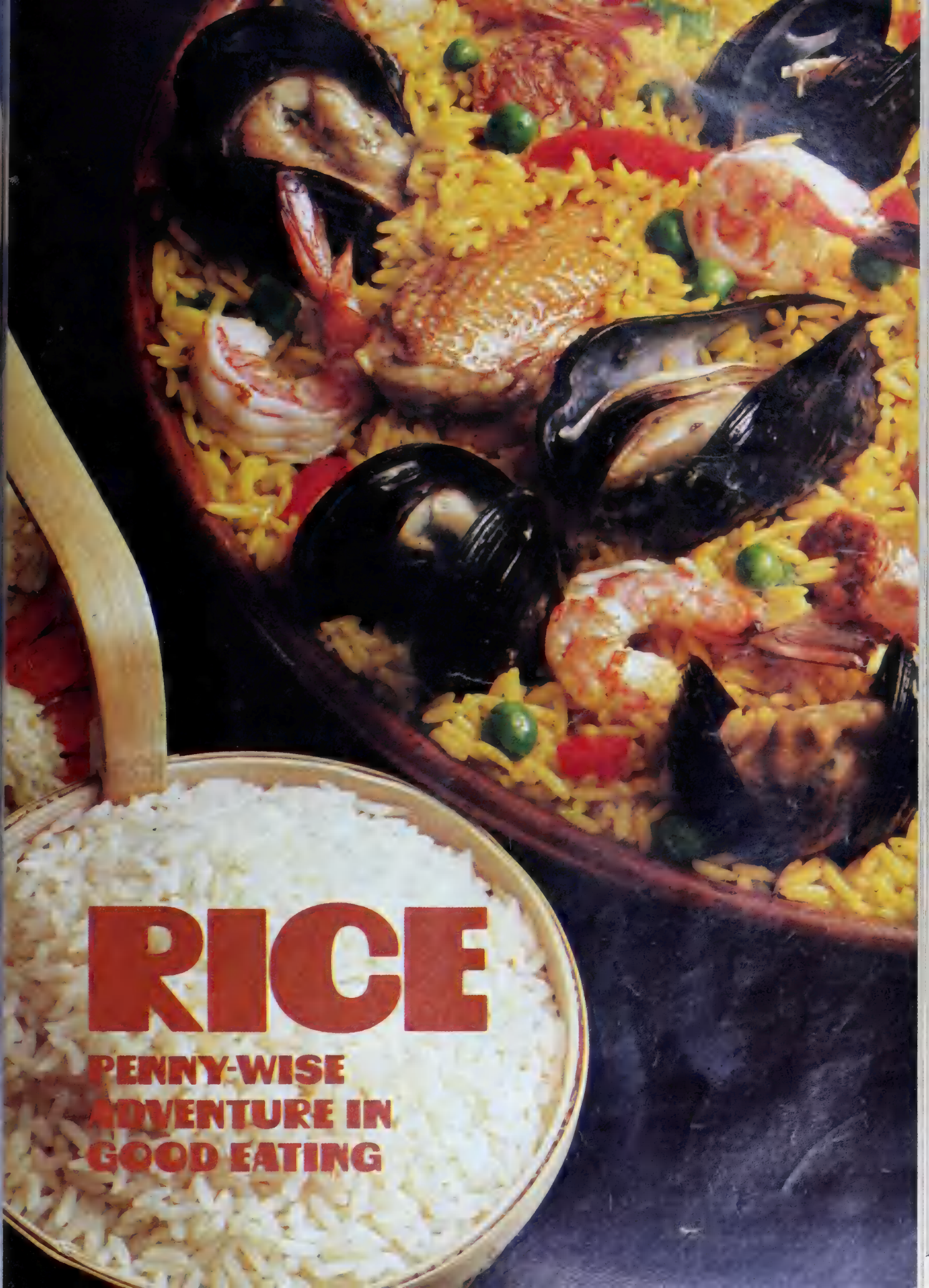




Taking a world's staple and making it work better for you . . . your family . . . and your household budget. That's the Journal's reasoning behind devoting this month's entire food section to rice. Results? An incredible variety from an exotic Oriental appetizer . . . to satisfying rice-rolled meat loaf . . . to the crowning glory, Riz Imperatrice. Recipes start on page 100. By Sue B. Huffman, Food Editor.

PEARL BALLS: Elegant steamed appetizers, *below,* centered with pork. Soy dipping sauce. PAELLA: Spain's grand cuisine, now one of America's favorite party dishes, *right.* A hearty casserole of chicken, sausages, shrimp, mussels and saffron rice. Photographs by Irwin Horowitz




RICE
PENNY-WISE
ADVENTURE IN
GOOD EATING

RICE



Clockwise from near right:

RICE ROULADE: Family-pleasing meat loaf, rolled with rice, Cheddar; coat of tomato sauce.

CHICKEN À L'ORANGE: Roaster with herbed rice stuffing; orange liqueur/port wine glaze.

MEXICAN PIE: Shouts of olé for this rice and pimiento crust, layers of peppy ground beef, velvety guacamole, cool sour cream.

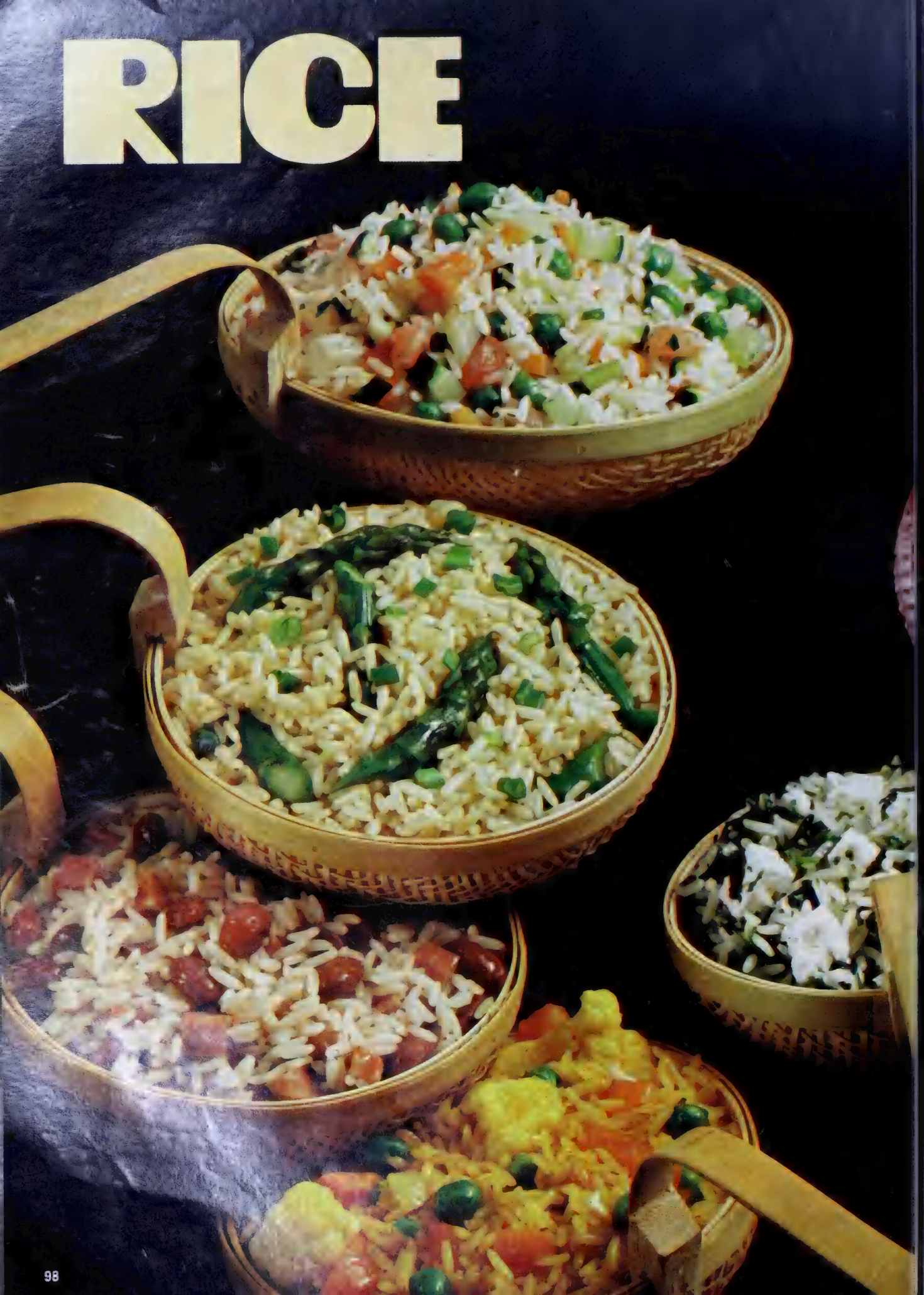
RED CAVIAR NESTS: Bite-sized appetizers. Fried rice balls cup sour cream, speckles of red caviar.

TOUCH O' THE TROPICS SALAD: Brown rice, apples, toasted coconut relax in a golden papaya. A chutney/curried yogurt dressing.

Recipes start page 100.



RICE





Counterclockwise from top left:

RISOTTO PRIMAVERA: Italian side dish of buttery rice and garden vegetables. Fresh Parmesan gets grated in.

ASPARAGUS RICE ORIENTAL: Interesting combination of crunchy, spring-fresh (or frozen) asparagus, rice, sharp ginger and soy sauce.

RED BEANS AND RICE: A treat from New Orleans, flavored with bits of meat from a ham bone, hot red pepper sauce.

VEGETABLE BIRYANI: Spicy East Indian curried rice, colorful with peas, carrots, cauliflower, raisins.

RICE À LA GRECQUE: Delicate go-with for lamb, beef—white rice mixed with spinach, feta cheese, dill and lemon.

RIZ IMPERATRICE: Our creamy rich version of the French classic with crushed pineapple, strawberry crown, raspberry sauce. A showstopper!

Recipes start page 100.

RICE

continued

RICE TIPS

Most Americans think of rice as a nice, reliable side dish—but to over half the world, rice is the mainstay of a daily diet. It's a true bargain food—nourishing and filling at very little cost. In fact, the term "rice" comes from the basic Chinese word for "culture" or "agriculture." Though the use of rice predates all records, some historians believe it's been cultivated for over 5,000 years! Virtually all the rice we eat in the U.S. is grown in our "Southern Rice Belt" and California. • Think rice is taboo for dieters? Think again—½ cup plain cooked rice has only 82 calories! Plus it's low in fat, cholesterol and sodium, and provides some B-complex vitamins and iron. Not only is it 98 percent digestible, but it also helps in digesting complex proteins in other foods. And even with today's spiraling inflation one serving still costs a mere 3 to 4 cents! • Looking at all the varieties on the supermarket shelf can be confusing, but there are four main types. *Regular rice* is cleaned and graded (short, medium and long grain) during the milling process. *Parboiled rice* is steamed before milling—making the rice grains fluffier and more separate when cooked. *Pre-cooked rice* is just that, and it requires less moisture and time for cooking. *Brown rice* has most of the outer bran layer intact, resulting in a chewier texture and nuttier flavor. (Note: Wild rice isn't really a rice, but the seed of a wild grass.) • When cooking rice, your best bet is to follow package directions to the letter. Each type of rice requires different procedures. In general: *Do not rinse*—you'll wash away some of the nutrients. *Measure* ingredients precisely. Cook for the *exact time* specified, and not at a full, rolling boil—it's best cooked at a *simmer*. • Uncooked rice can be stored at room temperature in a dry, clean container almost indefinitely. After cooking, it will keep for 4 or 5 days, covered, in the refrigerator. To reheat, use 2 tablespoons liquid for each cup of rice. Simmer 4–5 minutes in a covered saucepan. To microwave, cover and heat 1–2 minutes. Cooked rice can also be frozen for up to 6–8 months. Thaw before reheating. • Wondering what to do with leftover rice? Don't throw it out. *Add* to soups to enrich and thicken. *Mix* with cooked onion, celery and seasonings for stuffing meat or poultry. *Combine* with vegetables and dressing for an unusual salad. *Use* in pudding recipes that call for cooked rice.

PEARL BALLS
pictured on page 94

Chinese appetizers so named because of their appearance.

Meatballs
- **⅔ cup long-grain rice**
- **1 cup hot tap water**
- **1 pound ground pork**
- **1 teaspoon fresh minced gingerroot**
- **1 teaspoon sugar**
- **1 tablespoon cornstarch**
- **1 egg**
- **2½ tablespoons soy sauce**
- **2 tablespoons sherry**
- **½ cup canned chopped water chestnuts**
- **¼ cup chopped green onions**

Dipping Sauce
- **3 tablespoons soy sauce**
- **2 teaspoons white vinegar**
- **1 teaspoon sugar**
- **1 tablespoon chopped green onion**
- **⅛ teaspoon red pepper flakes**

Green onion, for garnish

Soak rice in hot water 30 minutes. Drain well and spread evenly in large, flat pan.

Meanwhile, in medium bowl combine remaining meatball ingredients. Roll mixture by tablespoonfuls into balls. Roll balls one at a time in rice until well coated. Place balls about 1 inch apart on rack in steamer. They should not touch. Steam about 30 to 40 minutes or until rice is cooked. Makes about 3 dozen balls, about 60 calories each. Serve hot with Dipping Sauce.

Dipping Sauce: Combine ingredients; stir. About 5 calories per teaspoon.

Ed. note: If you don't have a steamer, add about 1 inch water to large, round Dutch oven. Elevate a pie plate (smaller in diameter than Dutch oven) with inverted custard cup. Arrange pearl balls on plate, leaving room in center for custard cup to support second pie plate. Arrange pearl balls; cover and steam as directed.

PAELLA
pictured on page 95

This Spanish classic is a stunning dinner entrée. The mussels are optional, so don't worry if they're not available.

Marinade
- **1 garlic clove, crushed**
- **¼ teaspoon thyme**
- **1 tablespoon wine vinegar**
- **¼ teaspoon coriander**
- **2 tablespoons salad oil**

1 broiler-fryer chicken (2½ to 3 lb.), cut into 12 pieces
½ pound chorizo or hot Italian sausage
¼ pound sliced bacon, cut into 1-inch pieces
1 cup chopped onions
1 green pepper, diced
1 garlic clove, crushed
¼ teaspoon saffron or turmeric
4 cups water
½ cup white wine
2 teaspoons salt
2½ cups long-grain rice
1 pound mussels in shell, well scrubbed (optional)
½ pound raw shrimp, shelled and deveined
1 package (10 oz.) frozen peas, thawed
1 tomato, skinned, seeded and cut into chunks
1 lemon, cut into wedges

In 1-cup measure combine marinade ingredients. Arrange chicken in 9-inch square baking dish. Drizzle on marinade. Let stand ½ hour at room temperature or cover and refrigerate up to 24 hours.

In small skillet cover sausage with cold water. Bring to a boil and simmer 5 minutes. Drain and slice ¼ inch thick.

Meanwhile, in paella pan or large ovenproof skillet, cook bacon until crisp; remove and set aside. Add chicken to drippings and brown on all sides about 10 minutes; remove. Preheat oven to 400°F.

Add onions, pepper, garlic, saffron or turmeric and any remaining chicken marinade to pan. Cook over medium heat until onion is translucent. Add water, wine and salt; bring to a boil. Stir in rice. Add chicken, bacon and sausage. Bake, uncovered, 15 minutes. Remove from oven; stir. Arrange mussels, hinge side down, in rice mixture. Place shrimp around mussels. Bake an additional 10 minutes. Add peas and tomato as garnish and bake 5 minutes more. Serve with lemon. Makes 10 to 12 servings, about 465 calories per 10, 390 calories per 12.

RICE ROULADE
pictured on page 96

A spicy meat loaf with a cheesy rice filling—a real family-pleaser.

¾ cup long-grain rice
1⅓ cups beef broth
1 cup fresh bread crumbs, divided
1 pound ground beef
1 egg
½ cup chopped green onions, divided
1 can (15 oz.) tomato sauce, divided
1 teaspoon salt
⅛ teaspoon pepper
1 cup (4 oz.) shredded Cheddar cheese
¾ teaspoon oregano, divided

Cook rice in beef broth according to package directions; set aside.

Preheat oven to 350°F. Spread ¼ cup bread crumbs on sheet of waxed paper about 12x10 inches. In bowl combine beef, remaining bread crumbs, egg, ¼ cup green onions, ¼ cup tomato sauce, salt and pepper. Spread mixture over bread crumbs, patting meat to cover paper.

Combine hot, cooked rice, ¾ cup cheese, ¼ teaspoon oregano and remaining green onions. Spread mixture evenly over beef to within 1 inch of edges. Using waxed paper to lift, roll up jelly-roll fashion, pulling off waxed paper as you roll. Pinch ends to seal. Place roll seam side down in 12x8-inch baking dish and bake 30 minutes.

Meanwhile, combine remaining tomato sauce and oregano. Pour over roll. Top with remaining cheese and bake 10 minutes more. Makes 4 to 6 servings, about 560 calories per 4, about 370 calories per 6.

CHICKEN À L'ORANGE
pictured on page 97

Orange-flavored rice and an orange liqueur glaze make this chicken special.

Stuffing
- **¼ cup butter or margarine**
- **½ cup minced celery**
- **2 tablespoons minced onion**
- **1 cup long-grain rice**
- **1½ cups orange juice**
- **1 cup water**
- **1 teaspoon salt**
- **⅛ teaspoon thyme**

(continued)



Dip into Springtime.

Pick a dip as bright as the season itself. The creamy smoothness and subtle richness of KRAFT Real Mayonnaise... the freshness of spinach, onion and parsley. Spring is here!

SPRINGTIME SPINACH DIP

2 cups KRAFT Real Mayonnaise
1 10-oz. pkg. frozen chopped spinach, cooked and drained.
½ cup chopped green onion
½ cup chopped parsley
1 tsp. salt
½ tsp. pepper

Combine ingredients; mix well. Chill several hours or overnight. Serve with assorted vegetable dippers.

3 cups

When it's the mayonnaise that makes it, make it KRAFT.

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RICE

continued

¼ cup chopped parsley
1 roasting chicken, 4½ to 5 lbs.
Salt and pepper
Sauce
⅓ cup packed light brown sugar
1 cup chicken broth
1 cup orange juice
½ cup ruby port wine or sweet sherry
2 tablespoons cornstarch
2 tablespoons orange-flavored liqueur
Peel of 1 orange, cut into julienne strips
Parsley for garnish

Stuffing: In medium saucepan melt butter or margarine. Add celery and onion and sauté over medium heat until onion is translucent, about 5 minutes. Add rice, orange juice, water, salt and thyme. Bring to a boil. Stir with a fork; reduce heat. Cover and simmer until rice is tender and liquid is absorbed, about 25 minutes. Stir in parsley. Cover and refrigerate until chilled, about 2 hours. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours.)*

Preheat oven to 325°F. Sprinkle chicken cavity with ¼ teaspoon salt. Stuff neck and body cavities with rice. Truss chicken and place in roasting pan. Sprinkle with salt and pepper. Roast 2½ hours, basting occasionally with pan juices.

Sauce: About 15 minutes before chicken is done, combine brown sugar, broth, orange juice and wine in small saucepan. Bring to a boil; reduce heat and simmer 5 minutes. Blend cornstarch and liqueur; stir into simmering sauce. Cook and stir until clear, about 1 minute. Brush some sauce over chicken; return to oven for 5 minutes. Transfer chicken to warm serving platter. Pour off and discard fat; scrape up browned bits and add to sauce; heat. Remove from heat; add orange peel. Garnish chicken with parsley. Serve with sauce. Makes 8 to 10 servings, about 690 calories per 8, 555 calories per 10.

MEXICAN PIE
pictured on page 97

A Tex-Mex meal all in one. Just add a green salad and beer.

Crust
2 cups beef broth
1 cup long-grain rice
1 tablespoon butter or margarine
1 teaspoon salt
2 eggs, slightly beaten
2 tablespoons chopped pimiento
Filling
1 pound ground beef
1 garlic clove, crushed
1 teaspoon cumin
½ teaspoon salt
½ cup bottled mild taco sauce
1 egg, beaten
Guacamole
1 large avocado, peeled and quartered
1 tablespoon chopped onion
1 tablespoon bottled mild taco sauce
½ teaspoon salt
½ teaspoon lemon juice
1 cup sour cream

Crust: Grease a 10-inch flan dish or pie plate; set aside. In medium saucepan heat broth to boiling. Stir in rice, butter or margarine and salt. Return to a boil. Cover, reduce heat and simmer according to package directions. Remove from heat; let cool slightly and stir in eggs and pimiento. Press against bottom and sides of pie plate; set aside.

Filling: Preheat oven to 350°F. In skillet cook beef, stirring to break up pieces, until brown. Discard drippings. Stir in garlic, cumin and salt and cook 2 more minutes. Remove from heat; stir in taco sauce and egg. Spoon filling into crust. Bake 25 minutes.

Guacamole: In small bowl mash 3 avocado quarters (reserve 1 quarter for garnish). Stir in remaining ingredients, cover and set aside.

Remove pie from oven. Spread guacamole over meat. Top with sour cream. Return to oven and bake 5 more minutes. Dice remaining avocado; sprinkle on pie. Makes 6 servings, about 535 calories each.

RED CAVIAR NESTS
pictured on page 96

Dramatic appetizers for your next party.

2 tablespoons butter or margarine
1 cup finely chopped onions
2¼ cups chicken broth
1 cup long-grain rice
¼ teaspoon salt
¼ teaspoon pepper
2 eggs, beaten
2 tablespoons chopped parsley
About ¾ cup all-purpose flour
Salad oil for frying
About 1¾ cups sour cream
About ½ cup red lumpfish caviar

In medium saucepan melt butter or margarine. Add onion and sauté until translucent, about 5 minutes. Add chicken broth; bring to a boil. Stir in rice and salt. Reduce heat; cover and simmer until rice is tender and liquid is absorbed, about 20 minutes. Remove from heat; cool 5 minutes, stirring occasionally. Stir in pepper, eggs and parsley. Cover and chill thoroughly, at least 2 hours.

Shape mixture into balls, using level measuring tablespoon for each. Make indentation in centers; coat well with flour. Place in single layer on cookie sheet. *(Can be prepared in advance up to this point. Cover and refrigerate up to 3 days.)*

In deep-fat fryer or in Dutch oven heat 2 inches of oil to 375°F. Fry rice nests until nicely browned, about 2 to 3 minutes. Drain on paper towels. Fill indentations with sour cream and top with caviar. Serve immediately. Makes about 3½ dozen, about 85 calories each.

TOUCH O' THE TROPICS SALAD
pictured on page 96

A chutney-hyped yogurt dressing is the binder for this fruit/brown rice delight.

1¾ cups water
¾ cup brown rice
1 teaspoon salt
1 large red apple, unpeeled and diced
2 teaspoons lemon juice
¼ cup chopped green onions
½ cup shredded coconut, toasted
3 papayas, peeled, halved and seeded
Dressing
¼ cup plain yogurt
3 tablespoons finely chopped chutney
½ teaspoon curry powder
Dash salt
Lettuce leaves

In 2-quart saucepan bring water to a boil; add rice and salt. Reduce heat; cover and cook 45 minutes. Remove from heat and cool uncovered 15 minutes.

In medium bowl toss apple in lemon juice. Add warm rice, green onions and coconut; toss. Scoop out about 1 tablespoon pulp from each papaya half and chop. Add to rice mixture.

In small bowl combine dressing ingredients; toss into rice mixture.

Spoon about ½ cup rice into each papaya half. Serve each on lettuce-lined plate. Serve immediately. Makes 6 servings, about 235 calories each.

RISOTTO PRIMAVERA
pictured on page 98

The Italian rice dish risotto, made by gradually adding liquid in small amounts and cooking until absorbed, requires constant stirring. With the addition of vegetables you get an unusual, colorful accompaniment to almost any meat dish.

2½ cups chicken broth, heated
2½ cups hot water
¼ teaspoon salt
4 tablespoons butter or margarine
⅓ cup chopped onion
½ cup chopped celery, divided
½ cup chopped carrot, divided
1¼ cups long-grain rice
1 cup chopped zucchini
1 firm tomato, peeled, diced and seeded
½ cup frozen green peas
⅓ cup grated Parmesan cheese
1 tablespoon chopped parsley

Combine chicken broth, water and salt; set aside and keep warm.

In *heavy* saucepan melt 3 tablespoons butter or margarine. Set timer for 35 minutes. Add onion and cook over medium-high heat until deep golden brown. Add half the celery and carrot. Cook 2 to 3 minutes. Add rice and stir 1 minute. Add ½ cup of hot broth and stir constantly. When the liquid is absorbed (about 1 minute), add another ½ cup. *Continue stirring constantly,* adding ½ cup more liquid as it is absorbed (about every 3 minutes). After risotto has cooked 20 minutes, add remaining celery and carrot. Continue stirring and adding liquid for 10 more minutes. Add zucchini, tomato and peas. Continue stirring and adding remaining broth, a half cup at a time. Cook until vegetables and rice are tender, about a total of 35 minutes. The rice is done when tender but still firm to the bite—"al dente." Add remaining tablespoon butter or margarine and cheese. Sprinkle with chopped parsley and serve. Makes about 5 cups, about 185 calories per ½ cup.

(continued)

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18 mg. "tar," 1.4 mg. nicotine av. per cigarette, FTC Report Jan. 1980.

RICE

continued

ASPARAGUS RICE ORIENTAL
pictured on page 98

Stir-fried asparagus—still crunchy—in soy, ginger and garlic-flavored rice.

1 pound fresh asparagus, trimmed, or 1 package (10 oz.) frozen asparagus spears (see Ed. note)
3 tablespoons salad oil
1 garlic clove, crushed
¼ teaspoon grated fresh ginger
2 cups chicken broth
¼ cup chopped green onions
2 teaspoons soy sauce
½ teaspoon sugar
1 cup long-grain rice

Cut asparagus diagonally into 2-inch lengths, keeping bottom ends separate. Heat oil in wok or Dutch oven. Add garlic, ginger and asparagus bottoms. Stir-fry 1 minute. Add remaining asparagus; stir-fry 2 minutes. Remove asparagus and set aside. Add broth, green onions, soy sauce and sugar. Bring to a boil; stir in rice. Cover; reduce heat to low and simmer 15 minutes. Add asparagus; cook 5 more minutes. Makes 5 cups, about 120 calories per ½ cup.

Ed. Note: For frozen asparagus, cut as directed above. Heat oil, add garlic, ginger and frozen asparagus; stir-fry 1 minute. Remove asparagus; set aside. Proceed with recipe as directed above.

RED BEANS AND RICE
pictured on page 98

If y'all haven't had red beans and rice, y'all haven't lived.

1 pound dried red beans (about 2½ cups)
Water
Meaty ham bone or smoked ham hock
½ pound salt pork
1 cup chopped onions
½ cup chopped celery
2 garlic cloves, crushed
1 bay leaf
¼ teaspoon basil
¼ teaspoon thyme
¼ teaspoon pepper
½ teaspoon bottled red pepper sauce
1 cup long-grain rice

Wash beans; discard any stones or shriveled beans. Drain and place in large heavy saucepot or Dutch oven. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat; cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Drain off soaking liquid. Add 6 cups water and remaining ingredients except rice. Bring to a boil. Reduce heat; cover and simmer 1½ hours. Uncover and simmer 1 more hour. Remove from heat. Discard salt pork. Remove ham bone; trim meat from bone and cut into bite-size pieces. Strain beans, reserving liquid. Add water if necessary to make 3 cups. Return liquid to saucepot with beans and ham. Add rice; bring to a boil. Reduce heat; cover and simmer until rice is tender, about 20 minutes. Makes about 10 cups, about 300 calories per cup.

VEGETABLE BIRYANI
pictured on page 98

A spicy side dish inspired by a creation of our favorite East Indian restaurant.

2 tablespoons butter or margarine
1 cup chopped onions
2 garlic cloves, crushed
2 to 3 teaspoons curry powder
¾ teaspoon cinnamon
⅛ teaspoon ground cloves
2 cups water
1 tomato, peeled, seeded and chopped
1 cup diced carrots
1½ teaspoons salt
1 cup long-grain rice
2½ cups cauliflower, broken into small flowerets
½ cup seedless raisins
1 cup frozen green peas

In 3-quart saucepan heat butter or margarine. Add onions and garlic and sauté until translucent, about 5 minutes. Add curry, cinnamon and cloves; cook 2 minutes. Add water, tomato, carrots and salt. Bring to a boil; add rice, cauliflower and raisins. Cover; reduce heat and simmer 20 minutes. Stir in peas and cook 10 minutes more. Makes 6 cups, about 120 calories per ½ cup.

FLAVOR-CHANGERS FOR RICE

Each recipe uses 1 cup long-grain rice. Use 1 tsp. salt and one Tb. butter or margarine for each. (Decrease salt when using broths.) *Tropical:* 1½ cups pineapple juice, ½ cup water and ¼ tsp. ground ginger. *Sun-kissed:* 1½ cups water and ½ cup orange juice. Stir in grated orange peel before serving. *Herbed:* 2 cups chicken broth and ½ tsp. tarragon. *Noodle Medley:* Sauté ¼ cup fine egg noodles in 1 Tb. butter or margarine. Add 2 cups beef broth.

■ Variations on cooked rice are endless. Here, a few ideas to spark your imagination. *(All require 3 cups hot cooked rice.) Curried Rice:* Sauté 1 chopped medium onion in 1 Tb. butter or margarine and 1 tsp. curry powder. Cook about 5 minutes or until onion is tender; stir in rice. *Confetti Rice:* Melt 1 Tb. butter or margarine. Add ½ cup *each* chopped red and green pepper. Cook until pepper is tender, about 5 minutes; stir in rice. *Date-Nut Rice:* Melt 1 Tb. butter or margarine. Add ¼ cup slivered blanched almonds; cook 2-3 minutes, until nuts begin to brown. Stir in rice; fold in ¼ cup chopped pitted dates. *Brandied Rice:* Sprinkle 1 Tb. brandy over ¼ cup seedless raisins; set aside for 15 minutes. Melt 1 Tb. butter or margarine. Add ¼ cup chopped green onions and sauté until tender. Stir in raisin mixture and rice. *Parmesan Rice:* Stir ¼ cup grated Parmesan cheese into 1 Tb. melted butter or margarine and add to rice.

RICE À LA GRECQUE
pictured on page 98

Enhanced by spinach, feta cheese and dill, this is grand as a side dish to roast lamb or beef.

1 cup long-grain rice
1 package (10 oz.) frozen chopped spinach, thawed
1 tablespoon olive or salad oil
1 tablespoon butter or margarine
2 garlic cloves, mashed
1 teaspoon dried dill weed
Dash black pepper
1 tablespoon lemon juice
½ cup crumbled feta cheese
Lemon wedges

Cook rice according to package directions. Meanwhile, place spinach in strainer and remove excess liquid by pressing with back of spoon.

In medium skillet heat oil and butter over medium heat; add spinach, garlic, dill and pepper and cook about 3 minutes. Add hot, cooked rice, lemon juice and feta and cook until heated through. Serve with lemon wedges. Makes 5 cups, about 110 calories per ½ cup.

RIZ IMPERATRICE
pictured on page 99

Journal's *adaptation of the classic French dessert. Though it normally calls for candied fruit (which we're only lukewarm on), we tried it with pineapple and liked it better than the original.*

1 can (20 oz.) crushed pineapple packed in own juice, drained
⅓ cup kirsch
6 cups water
¾ cup long-grain rice
5 cups milk, divided
1 cup sugar, divided
½ teaspoon salt
1 cinnamon stick (about 2½ inches)
3 teaspoons vanilla extract, divided
4 egg yolks
1 envelope plus 1½ teaspoons unflavored gelatin
1 cup heavy cream, whipped
Fresh strawberries for garnish
Raspberry Sauce
1 package (10 oz.) frozen raspberries in syrup, thawed
2 tablespoons kirsch

Combine pineapple and kirsch. Cover and set aside at least 1 hour or up to 6.

In large saucepan heat water to boiling. Add rice and cook 5 minutes. Drain well. In same saucepan heat 2½ cups milk to boiling; add rice, ¼ cup sugar, salt, cinnamon stick and 1½ teaspoons vanilla. Cover and cook over very low heat 30 to 40 minutes or until all liquid is absorbed.

Meanwhile, in double boiler combine egg yolks and remaining 2½ cups milk and ¾ cup sugar with gelatin. Cook, stirring occasionally, until mixture thickens and coats a spoon. Remove from heat and add pineapple mixture and remaining vanilla. Combine pineapple and rice mixtures; cover and place in refrigerator until cool but not set, about 3 hours, stirring occasionally. Fold in whipped cream. Pour into lightly oiled 8 to 10 cup mold. Cover with plastic wrap and refrigerate at least 6 hours or overnight. *(continued)*

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1. To enter the HoneyBran Family Funstakes™ fill in name and address on coupon and redeem at your supermarket. If you want to enter the sweepstakes but not redeem the coupon, send us your handwritten name, address and zip code on a 3" x 5" paper. Mail to: HoneyBran Family Funstakes™ P.O. Box PL 15046 Belleville, IL 62224. One entry per envelope. NO PURCHASE REQUIRED.

2. This offer begins January 1, 1981. Entries must be redeemed at retailers, or postmarked by September 30, 1981. Not responsible for lost, misdirected/late mail or retailer submissions.

3. Winners determined in a random drawing supervised by an independent judging organization. All prizes will be awarded.

4. Sweepstakes open to residents of the U.S. except in states where void, employees/families of Ralston Purina Company, its advertising agencies and Lee Krost Associates, Inc. Void in Wisconsin/wherever taxed or prohibited. Taxes are the sole responsibility of winners. One prize to a family, organization or address. Proof of eligibility required. No substitution of prizes.

5. Trips must be taken before November 30, 1982. Hotel reservations provided on a space available basis. Airline tickets non-refundable and non-transferrable. Prizes must be accepted by parent or guardian for minors.

6. Federal, state and local laws apply. Odds of winning determined by the number of entries received.

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SIMPLE MEASURE



Forget cups. Forget ounces. Success Rice is so easy, you just drop a bag in boiling water. No measuring. No mess. Just perfect rice in 10 minutes. Success makes it simple!

RICE

continued

Unmold and garnish with fresh strawberries and Raspberry Sauce. Makes 12 servings, about 335 calories each.

Raspberry Sauce: In blender or food processor purée berries until smooth. Strain to remove seeds. Stir in kirsch.

OLD-FASHIONED RICE PUDDING

This is heavenly—what else can we say?

6 cups milk
¾ cup long-grain rice
1 cup heavy or whipping cream
¾ cup sugar
3 egg yolks, beaten
2 teaspoons vanilla extract
¼ teaspoon salt
About 1 teaspoon cinnamon

Rinse medium saucepan with cold water (do not dry), pour in milk and bring to a boil over medium heat. Stir in rice and return to a boil. Reduce heat and simmer, uncovered, until rice is tender, about 55 minutes, stirring occasionally.

Meanwhile, in small bowl combine cream, sugar, egg yolks, vanilla and salt; set aside. When rice is tender, stir in cream mixture until completely combined; heat to a boil. Remove from heat and pour into 2-quart serving dish. Sprinkle surface generously with cinnamon. Chill at least 4 hours. Makes 6 cups, about 250 calories per ½ cup.

RICE-STUFFED ARTICHOKES

Make extra dressing if you like—it's a tasty vinaigrette to have on hand.

Dressing
¼ cup olive oil
¼ cup plus 1 tablespoon salad oil
¼ cup tarragon or white wine vinegar
1 teaspoon dry mustard
1 teaspoon salt
1 garlic clove, crushed
½ teaspoon sweet basil
¼ teaspoon dried tarragon
¼ teaspoon sugar
Pinch black pepper
1 cup long-grain rice
1 cup fresh green beans, cut into ¼-inch pieces
¼ cup chopped red or yellow onion
¼ cup chopped parsley
6 large artichokes, cooked and chilled
1½ teaspoons salt

In small jar with tight-fitting lid combine dressing ingredients except the extra 1 tablespoon salad oil; cover and shake until well blended; set aside.

Meanwhile, cook rice according to package directions. In small saucepan heat 1 inch water to boiling. Add green beans and cook just until tender-crisp, about 3 to 4 minutes; drain.

When rice is cooked, pour on half the dressing (about ⅓ cup). Add beans, onion and parsley; toss until well combined. Cover and chill at least 3 hours. Add remaining oil to reserved dressing. *(Can be made ahead to this point. Refrigerate up to 24 hours.)*

To prepare artichokes, gently spread apart leaves in center. With a teaspoon scoop out the thistle (the fuzzy choke) and discard. Fill the artichoke cavity with ⅔ to ¾ cup rice mixture. Serve reserved dressing as a dipping sauce for artichoke leaves. Makes 6 servings, about 250 calories each with additional 105 calories per tablespoon dipping sauce.

CALAS

A rice fritter from New Orleans' French Quarter. Best served with café au lait.

2 eggs, separated
1 cup cold, cooked rice
⅔ cup sugar
⅔ cup all-purpose flour
2 teaspoons double-acting baking powder
½ teaspoon cinnamon
Salad oil for frying
Confectioners' sugar

In food processor or blender container combine egg yolks, rice and sugar. Process or blend 1 minute. Spoon into medium bowl. In separate bowl combine flour, baking powder and cinnamon; stir into egg mixture.

In small mixer bowl beat egg whites at high speed until stiff. Fold into batter. Meanwhile, in deep, heavy saucepan heat oil to 375°F.

Drop calas by tablespoonfuls into hot oil and fry about 3 minutes each side, turning once. Drain on paper towels. Sprinkle with confectioners' sugar and serve immediately. Makes about 18, about 85 calories each.

RICE STUFFED VEGETABLES

A tasty stuffing for a variety of stuffable vegetables.

6 medium green peppers, tops cut off, seeds and membrane removed, or 6 large zucchini, ends cut off, cut into 3-inch lengths and cored

Stuffing

3 tablespoons salad oil
½ cup chopped onion
1 garlic clove, crushed
½ pound bulk pork sausage
½ pound fresh mushrooms, sliced
2 cups hot, cooked rice
¼ cup chopped parsley
½ teaspoon salt
⅛ teaspoon pepper

To cook vegetables: Place in boiling water with 1 teaspoon salt; cook 5 minutes. Invert to drain well.

Meanwhile, in large skillet heat oil. Add onion and garlic and sauté until translucent. Add sausage and cook until brown. Add mushrooms and cook until tender. Remove from heat and stir in rice, parsley, salt and pepper; set aside.

Preheat oven to 350°F. Spoon rice stuffing into each vegetable. Place in baking dish; bake 20 minutes or until heated through and vegetables are tender. Makes 6 servings, about 340 calories each.

SIZZLING RICE SOUP

A dramatic first course for a dinner party—add the sizzling rice at the table. You must let the rice dry overnight unless you have a microwave oven.

Rice

2 cups long-grain rice (see Ed. note)
2 cups water
Salad oil for deep frying

Soup

1 whole chicken breast, skinned, boned and cut into ¼-inch strips
3 tablespoons cornstarch
3 tablespoons water
1 tablespoon soy sauce
5 cups chicken broth
2 cups watercress leaves
½ cup chopped green onions
2 teaspoons Chinese sesame oil (optional)

Rice: Combine rice and water in Dutch oven or large, heavy saucepot over high heat. Bring to a boil; cover, reduce heat to medium and cook 10 minutes. Reduce heat to low and cook 30 minutes *without peeking*. (The rice *will* stick to the pan.) With a spatula, lift off top layer of soft rice (reserve for use in any recipe calling for cooked rice) leaving about ½-inch crust. Lift out crusty rice in large pieces and place on cookie sheet to dry overnight. Or place in glass baking dish and microwave for 10 minutes on low.

Soup: Toss chicken with 1 tablespoon cornstarch and set aside. In small bowl combine remaining cornstarch with water and soy sauce. Heat broth just to boiling. Stir in soy mixture and chicken. Simmer 5 minutes. Add watercress, green onions and sesame oil.

Meanwhile, fry rice. Heat salad oil to 375°F in deep-fat fryer or deep heavy saucepan. Add rice and fry 3 to 5 minutes or until puffed and lightly browned. Drain on paper towels and add *immediately* to soup. Serve at once. Makes about 10 cups, about 200 calories per cup.

Ed. Note: In testing, we discovered that converted rice does not stick together, so we don't recommend it for this particular recipe.

SOUTHERN STYLE FRIED MUSH

We'd never added rice to mush until now. A bonus for breakfast or brunch.

1 cup yellow cornmeal
1 teaspoon salt
1 cup cold water
3 cups boiling water
1 cup cooked rice
4 tablespoons butter or margarine

Grease 9x5-inch loaf pan and set aside. In medium saucepan combine cornmeal, salt and cold water. Pour in boiling water and stir over medium heat until thickened and boiling. Reduce heat, cover and cook 10 more minutes. Remove from heat and stir in rice. Pour into loaf pan; cover and chill overnight.

(continued)



RICE

continued

Invert loaf pan onto cutting board and slice into ½-inch-thick slices. Heat 2 tablespoons butter or margarine in large skillet and fry slices in single layer about 5 minutes on each side or until edges are crisp and brown. Repeat with remaining slices. Serve with additional butter or margarine and maple syrup, if desired. Makes 18 slices, about 110 calories each without butter or syrup.

BROWN RICE CHEESE LOAF

This is spectacular with or without the sauce. Tuck leftover slices in lunchboxes for a nutritional treat.

Loaf
2 cups cooked brown rice
1½ cups (6 oz.) grated Cheddar cheese
1 cup finely chopped carrots
½ cup plain yogurt
4 eggs, beaten
¼ cup chopped green onions
2 tablespoons chopped parsley
½ teaspoon basil
Dash salt

***Cheese Sauce* (optional)**
2 tablespoons butter or margarine
2 tablespoons flour
1½ cups milk
1 cup (4 oz.) grated Cheddar cheese
½ teaspoon salt
Dash ground red pepper

Loaf: Preheat oven to 350°F. Grease an 8x4-inch loaf pan; set aside. In large bowl combine all ingredients. Spoon into loaf pan; place in a large roasting pan on oven shelf. Fill roasting pan with hot water to 1 inch from top. Bake 1 hour or until knife inserted in center comes out clean. Remove loaf pan to wire rack to cool 10 minutes. Invert onto serving platter. Serve hot or cold with cheese sauce, if desired. Makes 6 servings, about 280 calories each without sauce.

Cheese Sauce: In saucepan over medium heat melt butter or margarine; add flour, stirring constantly until smooth and bubbly. Cook 1 minute. Add milk and cook until sauce starts to thicken, stirring constantly. Reduce heat to low. Add cheese, salt and red pepper; stir constantly until cheese is melted. Spoon over loaf. Makes about 2 cups, about 30 calories per tablespoon.

EASY RICE PUDDING

Have leftover cooked rice? Whip up a quick pudding—we even make it for breakfast.

1 cup cooked rice
2 cups milk
⅓ cup sugar
3 eggs, beaten
1 tablespoon butter or margarine
1 teaspoon vanilla extract
½ teaspoon salt
Dash nutmeg

Preheat oven to 325°F. Grease a 1-quart baking dish; set aside. In large bowl combine all ingredients. Pour into prepared dish. Bake 50 minutes. Serve warm or chilled. Makes 6 servings, about 175 calories each.

CHICKEN SALAD LA PAZ

Not your run-of-the-mill chicken salad, this version is flavored with ripe olives, green onions and chilies, served with a cumin dressing in avocado shell.

Dressing
1 teaspoon cumin
1 teaspoon sugar
¾ teaspoon salt
⅛ teaspoon pepper
2 teaspoons lemon juice
⅓ cup salad oil
½ cup sour cream

Salad
2 cups cooked diced chicken
2 cups cooked rice
½ cup sliced pitted ripe olives
⅓ cup chopped green onions
¼ cup diced canned green chilies
1 medium tomato, peeled, seeded and diced
3 large avocados
2 tablespoons lemon juice

In small bowl combine cumin, sugar, salt, pepper and lemon juice. Whisk in salad oil, then blend mixture into sour cream. Refrigerate.

In large bowl combine all salad ingredients except avocados and lemon juice. Pour on prepared dressing and toss lightly to mix. Cover and chill overnight. When ready to serve, peel and quarter avocados; sprinkle with lemon juice. Spoon ⅓ cup salad on each wedge. Makes 6 servings, about 545 calories each.

SOUFFLÉ MONTERREY

A terrific brunch entrée or as a side dish.

¼ cup butter or margarine
¼ cup all-purpose flour
½ teaspoon salt
1 cup milk
4 egg yolks, well beaten
1 cup shredded Cheddar cheese
1 cup cooked rice
¼ cup chopped canned green chilies
4 egg whites, beaten but not dry

Preheat oven to 325°F. In medium saucepan melt butter or margarine. Remove from heat. Blend in flour and salt. Gradually stir in milk. Cook over medium heat, stirring constantly, until mixture comes to a boil. Stir small amount of sauce into egg yolks. Return to remaining sauce, stirring to prevent lumping. Stir in cheese, rice and green chilies. Fold in egg whites. Pour into ungreased 1½-quart soufflé dish. Bake 50 minutes. Serve immediately. Makes 4 to 6 servings, about 415 calories per 4, 275 calories per 6.

ARROZ CON POLLO

A justifiably popular Spanish classic.

1 broiler-fryer chicken (3 lb.), cut into serving pieces
Black pepper
2 tablespoons olive or salad oil
1 cup chopped onions
1 red or green pepper, cut into ¾-inch pieces
2 garlic cloves, crushed
1 can (16 oz.) tomatoes
1 cup long-grain rice
½ cup dry white wine
2 parsley sprigs (optional)
1 bay leaf
1 tablespoon lemon juice
1½ teaspoons salt
¼ teaspoon dried red hot pepper flakes
½ cup cooked green peas, for garnish (optional)

Sprinkle chicken with black pepper. Heat oil in skillet large enough to hold all chicken pieces in single layer. Brown chicken over medium-high heat for 4 minutes each side. Remove chicken and set aside. Add onions, pepper and garlic; cook over medium heat about 3 minutes. Meanwhile, drain tomatoes, reserving juice. Chop tomatoes coarsely. Add enough water to reserved juice to make 1 cup. Add tomatoes, juice, rice, wine, parsley, bay leaf, lemon juice, salt and pepper flakes to skillet. Stir to distribute rice evenly. Bring to a boil; lower heat to simmer. Return chicken to skillet. Cover and cook 35 minutes or until chicken is done. Garnish with peas. Makes 4 servings, about 570 calories each. *(continued)*

APRIL RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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Oh the crunchy nutty things you can do with Diamond Walnuts.

ebrate spring with this colorful rangement.

non Meringue Squares

cup butter or margarine
up granulated sugar, divided
ggs, separated
p. grated lemon peel
tsp. salt
tsp. rum flavoring
up sifted all-purpose flour
up coarsely chopped Diamond Walnuts
bsp. lemon juice

am butter with ½ cup of sugar, egg yolks, on peel, salt and flavoring. Blend lour. Add ½ cup walnuts; ead in buttered 8-in. sq. pan. ke at 350°F. 20 min. Beat egg ites stiff. Gradually beat in aining sugar. Fold in lemon e and remaining walnuts; ead over hot baked layer. ke 25 min. longer until tly browned. Cool; cut 16 (1½-in.) squares.

Inut Linzer Bars

cup butter or margarine
cup granulated sugar
g
tsp. grated lemon peel
tsp. salt
½ tsp. cinnamon
⅛ tsp. cloves
2 cups sifted all-purpose flour
1 cup ground Diamond Walnuts
1 cup raspberry or apricot jam

Cream butter with sugar, egg, lemon peel, salt and spices. Blend in flour and walnuts. Set aside ¼ of dough for lattice top. Pat remaining dough into bottom and ½ in. up sides of greased 9-in. sq. pan. Spread with jam. Make pencil-shaped strips of remaining dough by rolling it against floured board with palms of hand. Arrange in lattice over top, pressing ends against dough on sides of pan. Bake at 325°F. 45 min. until lightly browned. Cool in pan; cut into bars. Makes 2 doz. bars.

Walnut Bonnets

1 cup butter or margarine
¾ cup granulated sugar
1 egg
1 tsp. vanilla
2½ cups sifted all-purpose flour
½ tsp. salt
¼ tsp. baking powder
1 cup finely chopped Diamond Walnuts
3 Tbsp. apricot jam
Glaze
Candy sprinkles

Beat together well butter, sugar, egg and vanilla. Resift flour with salt and baking powder. Blend into creamed mixture. Divide dough into thirds. Mix walnuts and jam into ⅓ of dough. Using plain ⅔ dough, fill pastry bag fitted with #4 star tube; press out rings (about 2¼-in. diameter) onto lightly greased cookie sheets. Fill centers with rounded tsp. of walnut-jam dough. Bake at 350°F. 15 min. until edges are very lightly browned. Cool on wire racks. Spread centers with glaze. Decorate with candy sprinkles. Makes about 3 doz. cookies. Glaze: Blend together 1 cup sifted powdered sugar, 1 Tbsp. milk and 2 drops vanilla.



Oh the lovely nutty things you can do with Diamond Walnuts.

RICE

continued

DIRTY RICE

A Cajun dish so named because of the appearance of chicken livers in the rice.

1 cup long-grain rice
¼ pound sliced bacon, cut into 1-inch pieces
½ pound chicken livers, trimmed and quartered
½ cup chopped onion
½ cup chopped celery
1 garlic clove, crushed
¼ teaspoon salt
Pinch black pepper

Cook rice according to package directions. Meanwhile, cook bacon in large skillet. When crisp, remove and set aside. Add livers to drippings and cook until crisp, about 10 minutes. Remove and set aside. Add onion, celery and garlic to skillet and cook until onion is translucent. Toss in cooked rice, chicken livers, bacon, salt and pepper. Makes 5 cups, about 160 calories per ½ cup.

BROWN RICE CASSEROLE

A nutritious, meatless entrée. Vegetarians can use water instead of broth.

¼ cup butter or margarine
1 cup chopped onions
1 garlic clove, crushed
½ pound fresh mushrooms, quartered
⅛ teaspoon thyme
1 cup brown rice
1 cup sliced carrots
2 cups chicken broth or water
1 teaspoon salt (add an additonal ¼ teaspoon salt if using water)
½ cup shredded Swiss cheese
2 cups zucchini, cut into ¼-inch slices
¼ cup toasted sunflower seeds

Preheat oven to 350°F. In flameproof casserole melt butter or margarine. Add onions and garlic and sauté over medium heat until onions are translucent, about 5 minutes. Add mushrooms and thyme; cook 2 more minutes. Add rice, carrots, broth or water and salt. Bring to a boil. Cover and bake in preheated 350° F. oven 30 minutes. Remove from oven; stir in cheese and zucchini. Cover; return to oven and bake 30 minutes more. Sprinkle on sunflower seeds and serve. Makes 6 servings, about 300 calories each.

CARIBBEAN SALAD

If you adore fresh coriander, it's a boon to this salad, but not essential.

3 cups cold, cooked rice
½ cup chopped red or green pepper
¼ cup chopped green onions
2 tablespoons chopped fresh coriander or 2 teaspoons ground coriander plus 2 tablespoons chopped fresh parsley
1 can (20 oz.) sliced pineapple packed in own juice, drained
Dressing
⅓ cup salad oil
2 tablespoons lemon juice
1 teaspoon sugar
½ teaspoon salt
Garnish
Lettuce leaves
1 orange, peeled and sliced
½ cup chopped, roasted peanuts

In medium bowl combine rice, pepper, onions and coriander. Chop 3 slices pineapple and stir into rice.

In small bowl combine dressing ingredients. Stir to mix well. Pour over rice and toss. Spoon salad mixture onto lettuce-lined plate. Garnish with orange slices, peanuts and remaining pineapple. Makes 6 servings, about 360 calories each.

NASI GORENG

An Indonesian fried rice that, like curry, lends itself to an array of condiments.

1 medium onion, chopped
3 garlic cloves, peeled
2 teaspoons curry powder
½ teaspoon salt
½ teaspoon crushed red pepper
3 tablespoons salad oil
2 eggs
2 teaspoons water
1 whole chicken breast, skinned, boned and diced
¼ cup chopped celery
2 tablespoons soy sauce
3 cups cooked rice
½ cup chopped and peeled cucumber

In food processor or blender combine onion, garlic, curry powder, salt and pepper; process or blend about 1 minute (mixture will be lumpy). Set aside.

Heat wok or large heavy skillet. Add ½ tablespoon oil. Beat eggs with water. Pour into wok and cook over medium heat just until eggs are set. Remove from wok; roll up like an omelet. Cut into ¼-inch strips and set aside. Reheat wok or skillet. Add and heat remaining oil; add onion mixture and stir-fry 2 to 3 minutes. Add chicken and celery and stir-fry 2 minutes. Stir in soy sauce and rice and stir-fry until hot and well mixed. Garnish with egg strips and cucumbers. Makes about 6 cups, about 115 calories per ½ cup.

LOUISIANA GUMBO

This recipe makes over three quarts and it freezes beautifully.

2 whole chicken breasts, skinned
Salt
6 tablespoons butter or margarine
½ cup all-purpose flour
2 cups chopped onions
1½ cups chopped celery
½ cup chopped green pepper
1 garlic clove, crushed
1 can (16 oz.) tomatoes, undrained
2 tablespoons Worcestershire sauce
2 tablespoons ketchup
2 packages (6 oz. each) frozen crabmeat
2 cups sliced fresh okra or 1 package (10 oz.) frozen cut okra
½ cup chopped cooked ham
1 bay leaf
½ teaspoon Italian seasoning
½ teaspoon bottled red pepper sauce
3 cups hot, cooked rice

In large heavy saucepan cook chicken in 5 cups water and 1 teaspoon salt until tender, about 40 minutes. Remove chicken, reserving broth. Cool chicken, then remove meat from bones and cut into bite-size pieces; set aside.

In large heavy saucepot melt butter or margarine. Blend in flour and cook over medium heat until rich *(continued)*

Journal Shopping Center

DECORATING—CLOSET SET-UPS
PAGE 31: Tension pole storage system, shoe and accessory chests and handbag file by Sears. Slide-in basket (top left in closet) by Heller Designs. Ventilated Shoe Rack (on floor), All Purpose Rack and Detachable Baskets (on door) from Space Builder by Closet Maid.

FOOD JOURNAL: CORKSCREWS
PAGE 62: All corkscrews are readily available. If you can't find a particular one in your area, these are available through mail order. Wing corkscrew by Pedrini, $2.95, available through Ad Hoc Housewares, 842 Lexington Ave., New York, N.Y. 10021. "De-Corker" by Basic Goods, $10, available through Bloomingdale's, 1000 Third Ave., New York, N.Y. 10022. "Waiter's" corkscrew by FGB, $2.50, available through Azuma, 415 Fifth Ave., New York, N.Y. 10016. "Screwpull" corkscrew by Hallan Co., $11-$15, available through Ad Hoc Housewares. "Ah So" corkpuller by E.B., $2.25 at Bridge Kitchenware Corp., 214 E. 52nd St., New York, N.Y. 10011.

FASHION: SUMMER COOL SWEATERS
PAGE 80: *Top:* Gregge Sport sweater; earrings by CATHERINE STEIN; belt by OMEGA; skirt by PLIERS. *Bottom left:* Outlander sweater; hair ornament by BONWILLUM; pants by TROUSERS-UP. *Right:* Wayne Rogers sweater; earrings by MARVELLA; slacks by TROUSERS-UP.
PAGE 81: Outlander sweater; earrings by ELLEN DESIGNS for ROBERT ORIGINALS; bracelets by RED COBRA; cords by JOHN HENRY for EQUIPMENT.
PAGE 82: Rabbit sweater; pants by TROUSERS-UP.
PAGE 83: *Top:* Iris sweater CATHERINE STEIN earrings; PLIERS skirt. *Bottom left:* Tulip sweater; pants by PLIERS. *Bottom right:* Dogwood sweater; earrings by RED COBRA; belt by OMEGA; skirt by JOHN HENRY FOR EQUIPMENT.

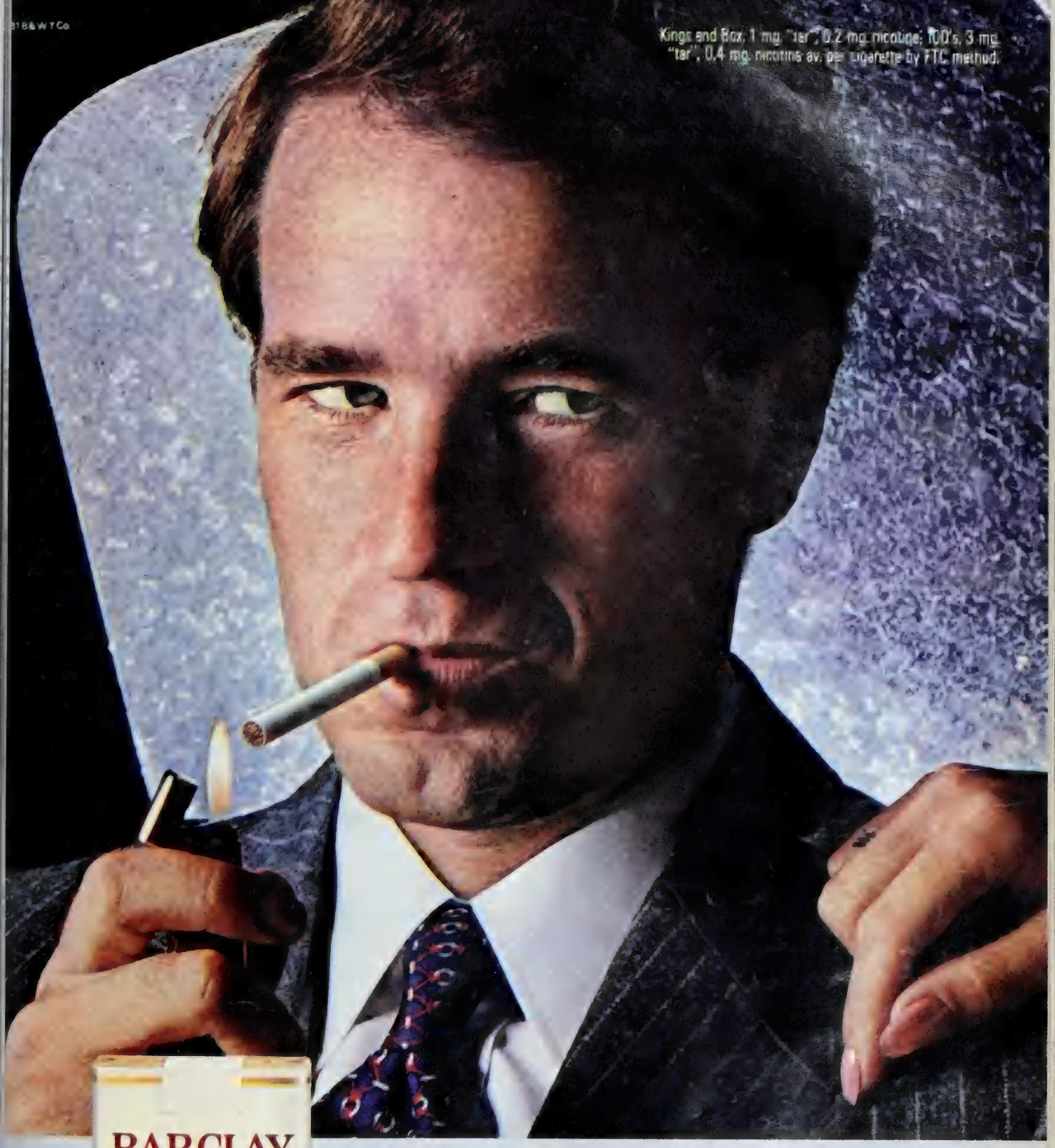
DECORATING: STYLE ON A SHOESTRING
PAGES 90–91: Living Room: Swing arm brass floor lamp #33089, with white shade, by Alsy. Pillow in "Checker" pattern gray velveteen by Riverdale. Master Bedroom: Sheets in "Empress Garden" green by Fieldcrest.



"Dad, how do you feel about becoming a grandfather?"

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Add rice and 2 teaspoons salt. Reduce heat to low; cover and cook 15 minutes.

Preheat oven to 450°F. Brush 2 cookie sheets with oil. Pat eggplant dry; arrange in single layer on cookie sheets. Brush top side of eggplant with oil. Bake 15 minutes; remove from oven. Reduce temperature to 350°F.

Sauce: Meanwhile, in medium saucepan melt butter or margarine. Add flour, nutmeg and salt and cook 2 minutes over medium heat. Remove from heat and stir in milk. Return saucepan to medium heat and cook, stirring constantly, until mixture comes to a boil. Boil 1 minute. Remove from heat; stir in eggs and cheese.

Grease 12x8-inch baking dish. Arrange half the eggplant in single layer. Spoon in rice mixture. Top with remaining eggplant. Spread sauce over eggplant. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours. Let stand at room temperature 1 hour before baking.)* Bake 45 minutes at 350°F. Makes 8 servings, about 495 calories each.

RICE CRACKLES

Rice snick-snacks—we warn you, they're addictive.

1 cup long-grain rice
Salad oil for frying
Salt

Cook rice according to package directions. Do not use butter or margarine. Spoon into jelly-roll pan; spread to cover surface of pan. Leave uncovered at room temperature to *dry out completely*, 2 to 3 days

In deep-fat fryer or Dutch oven heat oil to 375°F. Using a long-handled strainer, 5 inches in diameter, immerse about 3 tablespoons of rice into hot oil. Fry just until rice is puffed and still white, about 5 seconds. Drain on paper towels. Sprinkle lightly with salt. Repeat with remaining rice. Makes about 4 cups, about 85 calories per ¼ cup. **End**

RICE

continued

brown. This will take about 45 minutes. Add onions, celery, green pepper and garlic. Cook, stirring occasionally, 30 minutes. Add reserved chicken broth, 4 cups water, 1 tablespoon salt and remaining ingredients except rice. Bring to a boil; reduce heat and simmer uncovered 2 hours, stirring occasionally. *(Can be made ahead to this point. Spoon into freezerproof containers; freeze up to 1 month.)* Serve hot with scoop of rice in center. Makes 13 cups, about 200 calories per cup, plus 55 calories per ¼ cup rice.

RICE MOUSSAKA

Good for family and friends—simply add a salad and wine. Of course, it never hurts if your neighborhood bakery whips up a mean baklava for dessert.

1 large eggplant (about 1½ lbs.)
Salt
4 tablespoons salad oil
1 cup chopped onions
1 pound ground beef or lamb
¾ teaspoon cinnamon
1 can (16 oz.) undrained crushed tomatoes
½ cup water
½ cup long-grain rice
Sauce
¼ cup butter or margarine
6 tablespoons all-purpose flour
¼ teaspoon nutmeg
¼ teaspoon salt
2 cups milk
2 eggs, slightly beaten
1 cup grated Parmesan cheese

Cut eggplant into ¼-inch-thick slices; sprinkle lightly with salt. Place in colander and let stand 1 hour.

In large skillet heat 1 tablespoon oil. Add onion and sauté until translucent. Add meat and cinnamon and cook until meat is browned. Pour in tomatoes and water and bring to a boil.



Dieting can lead to stress

Dieting. It's a tricky business. Eat less than 000 calories a day and you'll probably lose eight. But you may not get all the vitamins and on you need. Unless you're on a diet ecommended by your doctor—based on your fe-style and the state of your health—dieting ıay lead to stress and a nutritional imbalance.

What is stress?

Stress is your body's reaction to any hysical condition that places n unusual demand n it. And it can pset your nutritional balance. When you deprive yourself of essential vitamins, stress can cause your body to turn to its reserve supplies to make up the difference. If prolonged, a vitamin deficiency can develop.



B-complex and C. Vitamins the body doesn't store.

Your body absorbs two kinds of vitamins from the food you eat, fat-soluble and water-soluble. The fat-soluble vitamins are heavily stored in your body as a reserve supply for emergency use. But most of the water-soluble vitamins, B-complex and C, are stored in very small amounts and must be replaced every day. That's why, when a fad diet causes your body to use its reserves, the B and C vitamins can soon be depleted. And that's why supplementation is often advised.

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WE BRING GOOD THINGS TO LIFE.

GENERAL ELECTRIC

When youngsters say they're "in love," what do they really mean? Leading child psychiatrists offer fresh insights into the sometimes painful, but surprisingly normal first flickers of romance.

By Geraldine Carro

"Johnny Loves Susie"
The Touching Truth about Grade School Crushes

"I love him so much it hurts. . . ."
"We keep breaking up and going back together. I think she's in love with someone else . . . ."
"I'm in love . . . but he doesn't even like me. What should I do?"

The lovesick writers of these lines aren't, as one would assume, lonely hearts in their late teens or 20s or 30s. They're young grade-schoolers between the ages of nine and 11. And while adults may tend to smile and dismiss such feelings as puppy love, these youngsters take their affairs of the heart very much to heart. And so does the advice giver to whom they turn, Dr. Paulina F. Kernberg, a distinguished child psychiatrist who also happens to write a column called "Good Vibrations" in *Dynamite*, a monthly magazine that more than a million elementary school kids read in class.



The children who correspond with the "Good Vibrations" lady ask advice on the usual sorts of problems that bother kids. They want to know how to deal with a pesky stepsister or how to face the other kids when they've lost the spelling bee. Over the past few years thousands have also confided to Dr. Kernberg about their love lives, confessing concerns they wouldn't dream of discussing with their parents or even with their best friends.

What do these outpourings of affection mean at such a tender age? Can little children *really* fall in love? Aren't they just supposed to chase each other around the school yard and throw spitballs at each other?

Children's feelings toward the opposite sex can run a lot deeper than most adults realize, says Dr. Kernberg, who is director of child and adolescent psychiatry at New York Hospital-Cornell Medical Center in White Plains. And preadolescents would just as soon keep their burgeoning feelings of love to themselves. For one thing, they're afraid of being teased by other kids. "This is a stage," says Dr. Kernberg, "when youngsters generally start wanting to feel they have a life of their own." The desire for privacy is one parents should respect, she feels. Listen to your child, but don't pry into his or her love life.

Moreover, while children are busy hiding their feelings, we adults seem to conspire to help them by viewing them as basically sexless creatures. We "infantilize" our children, she says. We tend to deny that they are really capable of strong, passionate feelings because the notion makes us uncomfortable.

In fact, when kids are drawn to a member of the opposite sex, they exhibit many of the same symptoms seen in love-struck adults, says Dr. Kernberg, who with colleague Arlene Richards, a New York City psychologist, analyzed the contents of about 1,000 letters sent to "Good Vibrations" from preadolescents on the subject of love.

Like adults, children sometimes "fall in love at first sight," these experts found. And children notice, like one of the little boys who wrote to Dr. Kernberg for advice, that love can make them behave in crazy ways. "I fell in love at first sight . . . Then she moved to Mich. . . . please answer, I'm thinking of running away to Mich. By the way, this may sound crazy, I'm only nine years old."

When love is requited they feel elated, just the way grown-ups do. And when love is not returned their self-esteem plummets and they begin wondering whether they're attractive. "Every year I find a girl I like and it only takes a couple of months before someone takes her away," wrote one despondent youngster. "I don't know if it's my hair. It could be because every time my hair gets over my ears the girl hates me even more. Should I get my hair cut?"

And, as with many adults, love can make kids tongue-tied: "Whenever I'm around him I turn to jelly," wrote one young correspondent. Children also seem to differentiate between passing attractions and "the real thing." "For a while it was sort of like a temporary crush," wrote one girl, "but now I know that it is much more serious than puppy love."

Dr. Kernberg doesn't think it's puppy love, either. Some youngsters do seem capable of having quite mature feelings toward members of the opposite sex, she says. But unlike adults, children don't suggest they want to marry the object of their affections and have babies. Nor do they describe a desire to engage in physical expressions of affection.

Do youngsters this age perhaps have strong *(continued)*



Pat is a breast feeding infant. But even though the breast milk of a well-nourished mother is normally a complete food, the adequacy of some of its nutrients, like vitamin C, is dependent on the mother's diet. To provide an extra margin of safety, the doctor has recommended the addition of vitamin C to Pat's diet. To get that added vitamin C, Pat's mother chose Gerber Apple Juice over vitamin drops. That way Dad could get involved in feeding. Like all Gerber Juices, Gerber Apple Juice is fortified with more than enough vitamin C to meet Pat's daily needs, and is full strength, 100% fruit juice with no sugar added.

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Mothering

continued

xual urges that they're not telling us about? We really don't ow, says Dr. Kernberg. But if they do, in our society they rely act upon them.

Theoretically, grade schoolers aren't supposed to be really terested in each other sexually—at least according to Freud. uring middle childhood, roughly between the ages of six and , a child's sexual drives are put on psychological hold, he lieved. Today many psychiatrists adhere to the Freudian ew and see this moratorium on sexuality as one in which oungsters, freed from their sexual drives, can concentrate on her aspects of development.

A growing number of psychiatrists, however, believe that oungsters' sexual drives are more powerful than we've ought. Sexuality doesn't come to a halt in middle childhood, serts Dr. Kernberg; it just isn't very visible.

Dr. John Money, chief of psycho-sexual research at Johns opkins Medical School, feels children are considerably more recocious sexually than commonly believed. In a society with wer sexual taboos, youngsters would explore each other's odies quite naturally, he argues. He takes the highly contro- rsial view that sexual play in middle childhood is psychologi- lly healthy. "The repression of sexuality," says Dr. Money, "is the root of many adult sexual disorders."

"There is sexuality at *all* ages," agrees Chicago child psychia- ist Susan Fisher, "but in preadolescence it gets expressed ainly at the fantasy level." She believes the quality of these notions is probably quite different from those felt by adults. 'ou can't really think of it as mature love in the adult sense. ney haven't had enough life experience."

Parents should respect their children's romantic feelings—as ey should other kinds of feelings, says Dr. Charles Sarnoff, a sychologist in New Hyde Park, New York, who has written tensively about middle childhood. But he takes the view that readolescent love is essentially immature. "In more mature ve," he explains, "fantasizing about the other person gives ay to reality, to sharing, to real communication." Even many lults, he points out, aren't capable of experiencing this ma- re kind of love.

One reason lovestruck youngsters sound so much like adults that they're mimicking the language of soap operas. Another ason? "Children sound so much like adults, not because they e adults," says Dr. Sarnoff, "but because so many adults in ve sound and behave like children." **End**



"Well, as far as I'm concerned, you just blew the Mother-of-the-Year award."

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Tips for Two-Income Couples

By Sylvia Porter

In the two-income family, who pays for what? For an increasing number of couples, the question has become a serious one. Our money expert, Sylvia Porter, feels that you and your husband should follow no one's rules but your own, but you have to start with the basics. Here they are.

It's a team effort

The most fundamental rule for two-paycheck relationships is to discuss and plan your spending/saving as a team. If you are a wife who insists that your paycheck should pay only for the household assistance you must have so you can go out to work and that the rest of your earnings should be put in *your* savings account, you are asking for trouble. And you'll get it, for your attitude is selfish and wrong. On the other hand, if you decide as a team that your paycheck should be used for help and savings—fine. As long as the decision is made together, there will be no reason for suspicion and deceit.

Into the pool

Deposit a major part of each of your individual paychecks in a family pool, which is to be used to cover essential expenses of the household. Of course there will be variations from couple to couple, depending on the level of each income and decisions on family goals. But, the key here is the *pool*.

Think ahead for baby

If you're a young couple planning to have a baby, plan ahead. You may decide to earmark the funds out of the wife's paycheck on the premise that she will quit her job temporarily and you want to prepare for a time when her paycheck will disappear altogether for months or a few years. Or you may decide to earmark the "baby funds" out of both paychecks on the premise that you'll both be carrying this expense and should share from the start.

To each his (or her) own

No matter how tight the money squeeze, there always must be provision for personal allowances in each paycheck for each of you. This freedom to control a certain amount of money of your own with no questions asked is an absolute *must*. If you want to be sensible and save your regular personal allowances, that's your decision alone. If you want to be reckless and spend each allowance the day you get your paycheck, again this is your decision. No budget for any family ever should demand an accounting of every dollar spent.



The savings expense

In two-paycheck households, more than in any others, the only sure way to build a savings reserve is to *treat savings as an expense* and budget for savings as you budget for rent or your mortgage.

Decide as a team how much you want to save regularly and then how much you can realistically manage to save over a specified period. Protect your nest egg; allow no sudden development, regardless of how adverse it appears at the time, to diminish it.

It's "our" problem

Whenever you get into a serious financial pinch (and you will get into a pinch; everyone does), put aside an evening alone to quietly talk it out and decide how to escape from it. Most important, when you do talk, have it clearly understood by both of you that what you are debating is "our" squeeze, not "yours." It's imperative to avoid any discussion of money messes when either of you is frantic.

Who pays what?

Reach decisions from the start on who does the actual bill-paying and for what. Your decision may be that one of you should write all of the checks and keep all of the budget/books in balance. Or your decision may be a division of paying. Whatever your own decision, make the divisions and obey them. Particularly discuss in advance how you'll handle entertainment expenses, both at home and when you go out. If you want to share the spending at a restaurant, okay. If you want to alternate on the paying, also okay. Or, perhaps you want to finance entertainment at home and entertainment outside the home from a family pool.

Beware big-ticket items

Never take on an installment debt without carefully discussing with each other your capacity to finance the purchase. It may be fun to surprise your partner with an unexpected, expensive gift—a much-wanted appliance or even a car—but can you afford it? What will happen when the monthly installment payment bills begin to pile in? How much fun will it be then?

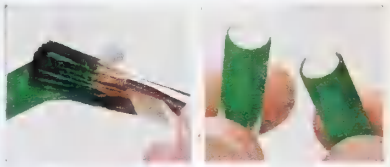
Just a simple record

Try to maintain simple records to help you blueprint each month's earnings/spending/saving. The simpler your records, the more information they will reveal to you at a glance. **End**

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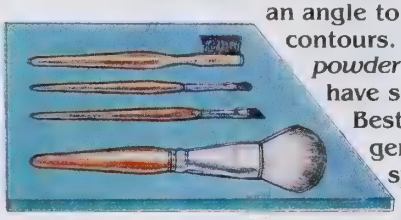
Beauty Journal



April showers you with bright ideas . . . how to brush up on makeup techniques, firm up while you clean up.

Different Strokes

How you apply your makeup is just as important as what products you use. Pick the wrong brush and you could end up "clown faced" instead of glamorous. Choose the right one and you can apply makeup like a pro. • Remember, one brush cannot do everything. Eyes, lips and cheeks all need a different touch, from fine to bold. In general, the smaller the area you work in, the shorter the brush should be. Ideal length: a 2½" handle for eyeliner brushes, 4" for powder/blush brushes. • What to look for in a quality brush? A *hard wood handle* is best, preferably varnished rather than painted. The *ferrule* (which connects the bristles to the handle) should be made of a strong metal to hold bristles firmly. Flick the brush against the back of your hand—no hairs should shed. Natural bristles are best (synthetics can irritate the skin). Sable, pony, goat or squirrel are soft and generally good choices. For precise lines, choose a brush that keeps a fine point when wet. • Proper care is important. Clean brushes about once a month with alcohol or mild shampoo. • Illustrated below, some of the most popular brushes. From top to bottom: An *eyebrow brush* looks a bit like a toothbrush, should have stiff bristles (like boar hair) to make stray brows behave. For a *lip brush*, sable is best—it's resilient yet stiff enough to spread lip color evenly. Look for a thin handle with bristles cut straight across. An *eye shadow brush* should have a thin handle and pony hair bristles cut at an angle to follow the eye's contours. *Blush* and *powder brushes* should have stubby handles. Best are of goat hair—gentle to the skin, spreads makeup lightly, evenly.



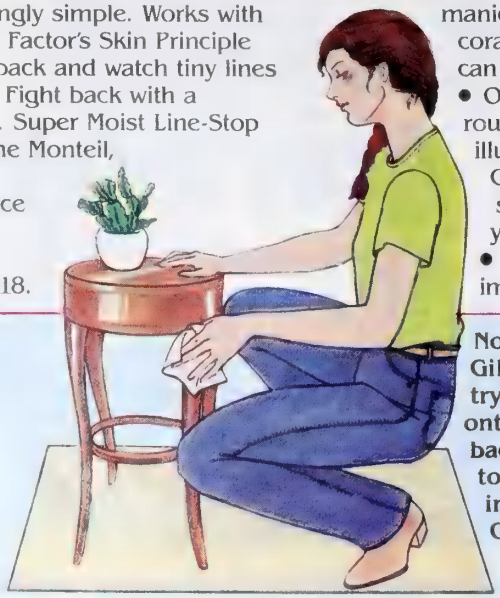
• Quality brushes pack and travel well. Toss them in your makeup bag where you'll have them handy.

What's New

Say hello to a few new beauty finds, some practical, some just plain pretty. • Your hair—especially if colored, dry or damaged—is as delicate as spun silk. Treat it kindly with hypo-allergenic, unscented Pure Castile Shampoo by Almay, 8 oz. $2.95. • Thick, sticky lip color looks heavy, dated. In '81, let sheer, shiny lips do the talking. In a slimline case, LipBlush from Cover Girl. Eight shades, $2.25 each. • If you're serious about your skin (aren't we all?), you'll want to try a new skin care system that's surprisingly simple. Works with your skin's own chemistry, Max Factor's Skin Principle system, under $20. • Why sit back and watch tiny lines form around eyes and mouth? Fight back with a formula to correct and prevent. Super Moist Line-Stop Creme Concentrate by Germaine Monteil, 1 oz. tube, $15. • For him to wear, for you to love: a fragrance with spicy vitality in the classic English tradition. Burberrys Cologne For Men. 4.2 fl. oz., $18.

Looking Thin While You Slim

On your way to losing those extra 10 or 20 pounds? Good for you! Here, some tips to keep you looking (and thinking) thinnest and trimmest. • Accent your best features. Play up your big beautiful eyes. Highlight your hair with golden tones or sport a new style. Medium length cut with soft waves is usually flattering. • Show a little leg! Hem skirts at the newer, shorter length. Try out stockings in pastel colors or with dots, stripes. • Keep nails perfectly manicured; experiment with a new iridescent coral polish. • A minimizer (or sports) bra can do wonders for a "too shapely" bust. • Opt for 'V' or open necklines to slim a round face, create a more swanlike illusion. • Walk tall and sit straight. Good posture really can make you look slimmer. • Lost another pound? Pamper yourself with a facial or massage. • Keep the motivation going—carry an image of your new body in your head.



Exercise of the Month

Spring cleaning? Why not shape up while you spruce up? Combine exercise *with* housework and you'll feel twice as good later. Here's an easy move from the "No-Huff, No-Puff Guide to Getting in Shape" (by Gillette). • When dusting in low places, try squatting instead of bending. Hold onto the table leg if unsteady, but keep back straight. • For more ideas on ways to stay in shape (*and* relax) at your desk, in the tub, even in bed, send 50¢ to Gillette Appliance Div., c/o Daniel J. Edelman, Box 3431, Dept. LHJ, Chicago, Ill. 60654 for their booklet.



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HAVE YOU SEEN THESE CHILDREN?

continued from page 77

scuffle, was punched savagely and knocked down. The assailants pushed little Kevin into a sedan and sped away. Robin Reiss hasn't seen her son since.

A cold-blooded kidnapping? Police and prosecutors didn't see it that way, because among the hoods in the heist was Kevin's father—one of the growing thousands of feuding parents who violently abduct their children each year. Dissatisfied with the courts, upset with the other parent and encouraged by friends or relatives, these parent-kidnappers may think they are acting on the child's behalf, but all too often they are venting their own antagonisms and conflicts.

It is the children like Kevin who are the victims of this crime. Somewhere the six-year-old boy is still wondering where his mother is.

Julie Blackburn still remembers the click. Sometimes it wakes her in the middle of the night. Sometimes the five-year-old memory keeps her from sleeping at all. She was sitting on her parents' porch on a hot summer day, having an amicable chat with her former husband, Bill. She hardly noticed when he casually followed their three-year-old daughter, Heather, into the house. Then she heard the click of the porch latch—a click that exploded in her head like a cannon.

Through the shadows and distortions of the glass, she saw Bill disappearing out the front door with Heather tucked under his arm. Hysterically, she pounded on the door, then raced to the other side of the porch and fumbled frantically with the lock on the other door before she could get through. But when she reached Bill's truck, it was already moving. Julie clutched at the truck door and was dragged down the street until she lost her grip on the handle. She staggered and fell into the roadway as the truck sped off, carrying her three-year-old away.

Patricia Kennedy was trying to come to terms with her nine-year-old son's tragic death from a brain tumor. Her second son, James, despite his young age, had been shattered by the loss, too. For months, the five-year-old boy mourned his brother and clutched anxiously at his mother. Then, just as he was beginning to enjoy being a little boy again, he too was caught in the middle of his parents' angry battle. His father—who had left when James was seven months old and had rarely seen the children since—began making demands for more time with his remaining son. Then, one weekend while he was visiting his father, the boy was told that he wasn't going home anymore. James was a hostage.

The night before he left his mother for the last time, the young Catholic boy made the sign of the cross three times o her forehead, once for every night h would be away.

Those three nights have stretched t more than two years. Despite three cour orders demanding James's return, fathe and son were able to leave the state an virtually disappear.

This tragedy doesn't only happen t mothers. Dr. Kenneth Gaddis, a Loui siana neurologist, knows that all too well Four years ago, he was awarded custod of his four children after neighbors an friends testified that they were receivin inadequate care in the home of thei mother and her new husband. But hi elation soon turned to despair when h discovered the court could do little t enforce its decision. The children wer simply not in the state or even the coun try. Their mother and her new husban had covertly moved to Thailand, and the disappeared without a trace, somewher in the Far East. The neurologist's plea for help—to the State Department an U.S. senators—were answered over an over by the same reply. "This is a privat matter. Our hands are tied."

Meanwhile, Dr. Gaddis is left with hi meaningless custody papers, bitterswee memories and an attic full of Christma presents that he and his second wife ar keeping for his children's return. "I know my ex-wife was desperate not to lose th children and that's why she did this," h says. "But I'm desperate too, because want to touch them and hold them an have a say in their lives."

An estimated 100,000 children ar snatched each year by their parents. Hid den in an underworld of "safe" house and seedy hotels, forced to change thei schools and even their names, these chil dren are robbed of a parent, grand parents, siblings and friends. Adding t this tragedy, it's estimated that only on fifth of these children will ever be found.

What can parents think?

And what can a mother like Robin Reiss or a father like Kenneth Gaddis think? Many are tortured—and rightly so—with the thought that the snatching parent has told the child that "Daddy no longer loves you" or "Mommy is dead." There have been cases in which a snatched child runs when reunited with a long-absent parent, thinking he's seen a ghost.

What could make a parent inflict such pain on a child? The father of Kevin Reiss and the mother of the Gaddis children were losers in court custody hearings, and desperately took the law into their own hands. Pat Kennedy's former husband was egged on by relatives who irrationally considered her responsible for the older son's death. Julie's former husband was encouraged by a fathers' rights group.

Perhaps these parent-kidnappers would claim that they acted out of love or because they were unfairly treated in court. Certainly, nobody is ever *(continued)*



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HAVE YOU SEEN THESE CHILDREN?

continued

completely right or wrong in a custody case, but the snatching solution invariably is a selfish one. And the victim is always the child.

This horrifying problem is exacerbated by the soaring divorce rate (1,170,000 in 1979 alone) involving more than 1.2 million children. What's more, as fathers increasingly receive legal custody of their children, the snatching syndrome is affecting both fathers and mothers.

Until now, parents have received shamefully little help from the legal system. Parents involved in these cases have felt virtually abandoned by the officials they turned to for help. Like the parents of hostages or soldiers missing in action, these bereft mothers and fathers have been cruelly torn between mourning and hoping for their children. And they have been increasingly aware that few people seemed to care.

Will new law help?

Even a new federal law—the Parent Kidnapping Prevention Act of 1980—will only begin to solve the problem. "It's not a cure," says Doris Jonas Freed, chairperson of the American Bar Association's child custody committee. "The cure will only come when we have a better way of determining child-custody disputes," and when judges, state officials, law enforcement personnel and parents learn to cooperate with each other and follow the intent of the new legislation.

The road ahead is still rocky. While the new law paves the way for FBI involvement in these cases if the state prosecutor requests it, this help is by no means automatic. States must still establish their own laws, and the FBI will be called only in states where child snatching is a felony, when interstate flight is involved and where the laws are strictly enforced. Meanwhile, some states still consider the kidnapping of a child by his or her parent a misdemeanor, and many others are lax about prosecuting. Even when a parent is caught, few snatchers pay a fine or go to jail. "You'd have to be heartless to lock up a loving parent like a common criminal," goes the argument.

When parental kidnapping is casually handled, deterrents fade away. As one lawyer told friends after kidnapping his son last year, "They can't do anything to me for taking Danny. It's just a misdemeanor—like spitting on the sidewalk."

For years, the attitude of the courts and police has literally forced parents to take matters into their own hands, frequently with violent results. Those who can afford it have hired a new breed of private detective who tries to find and "rekidnap" children. Many of these detectives were once bounty hunters who carried guns and tracked—or hounded—outlaws from state to state. Brutal and insensitive, they have sought financial reward and a new career kick. With spy game tactics, weapons and intricate escape plans, they have become a grisly—and expensive—part of the problem.

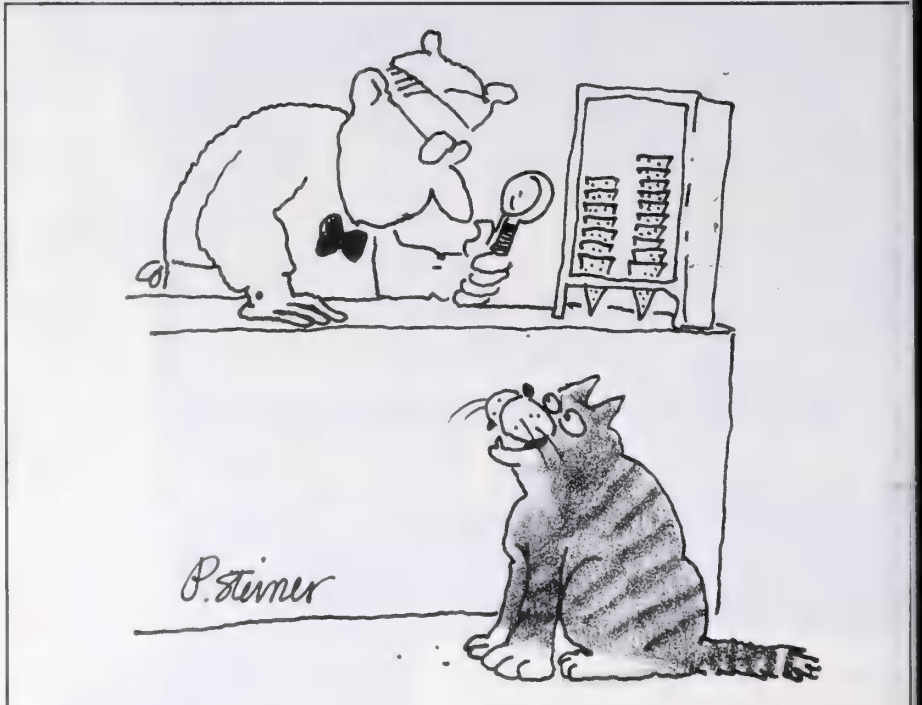
It's hoped that the new law eventually will put professional child-snatchers out of business by encouraging law enforcement participation. In addition to the FBI provision (which will take effect immediately), the new law has two other major provisions that will be effective July 1. The first, dubbed "the full faith and credit" clause, requires that all states must honor the custody decrees of other states and may not modify them. The other provision allows the Parent Locator Service—initially designed to collect child support—to be used for finding absconding parents with computer search techniques. How well this will work, however, remains to be seen. States must request to participate; much depends on the competence of local officials and parents won't be able to use it directly, but will have to go through the courts.

In the meantime, parents who can afford it undoubtedly will still hire detectives to find their children, and resort to professional snatchers to get them back. But prices are steep. Fees range from $1,000 to $12,000 per snatch, with most private eyes charging between $3,000 and $6,000, plus expenses—$2,000 to $3,000 to locate the child and a few extra thousand for the actual grab.

Perhaps the most flamboyant professional is Eugene "Mean Gene" Austin, a former air-conditioning salesman, who brags of more than 500 successful recoveries in his 16-year career. "I've snatched children with helicopters, boats and cars," Mean Gene claims. "Things can get pretty hot." So hot, in fact, that Austin once spent time in jail for assault. The aggressive Missourian takes risks not for the money, he says, but because he is outraged by the laws that make the entire custody situation a joke. "I know a lot of people would like to see me in jail," he admits. "They know I find the parent and bring the kids back."

One West Coast private eye who specializes in child retrievals, but finds the work "pretty gruesome," is Patrick Buckman. His assignments have taken him worldwide and several years ago he flew to Norway to recover a four-year-old girl. Buckman located the father and his daughter, who was guarded around the clock. He made his move several days later when the father briefly left the child with friends. Then followed a James Bond-style chase across Europe that included border crossings on foot in sub-zero weather and a lift in a borrowed limousine with diplomatic license plates. They were able to make their escape from Germany when a passport inspector didn't check the phony names on the tickets of the fleeing trio.

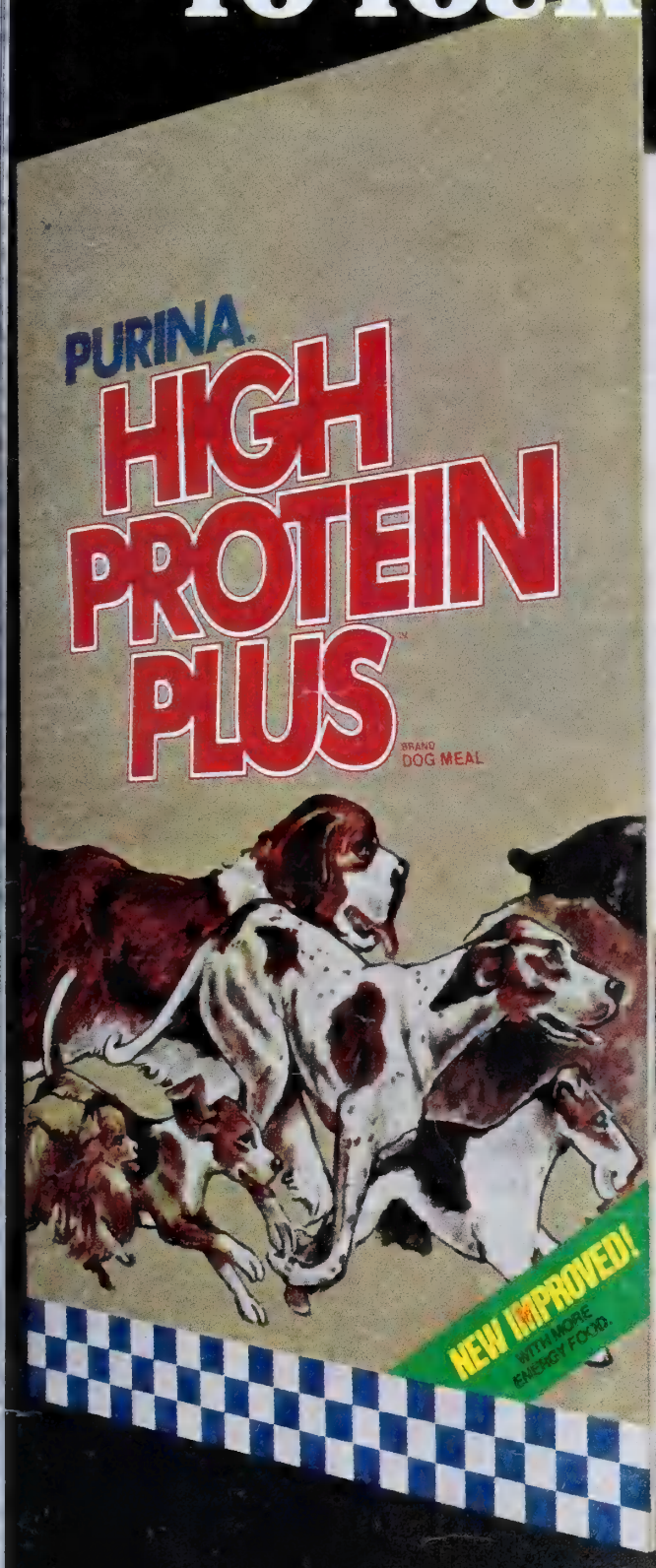
Child stealing may be a lucrative, sometimes glamorous racket for private detectives, but for the child-victim it is a nightmare. The youngster is tugged back and forth, often literally, by feuding parents. One child has been kidnapped seven times (four by his father, three by his mother). Occasionally the struggle is truly tragic. In July 1976, Steven Cain went to steal his son, Cody, from his ex-wife's home. When she returned from a shopping trip, *(continued*



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HAVE YOU SEEN THESE CHILDREN?

continued

she found Steven driving off with her son, and pursued. A high-speed chase on an Oklahoma road ended when Steven's car crashed, killing father and son. Another kidnapping father shot his son and himself rather than surrender the boy to his former wife after his hideaway was discovered.

While most abductions are less dramatic, children are rarely spared long-lasting psychological injuries. All too often these children no longer perceive home as a safe place. Dr. Daniel O'Leary, professor and chairman of the psychology department at the State University of New York at Stonybrook, treats youngsters kidnapped by their parents. Children between the ages of five and 12 are most affected, contends Dr. O'Leary. "They physically cling to the parent once they are returned, fearing they might be snatched again. They are also reticent about coming into the presence of strangers, and frequently have nightmares and trouble sleeping. School-age kids have the additional problem of academic setback, especially when they're constantly running from the law." Many of these children have to adjust to new names, given by the snatching parent to elude authorities. They often live out of suitcases or even at campsites, taking on a multitude of new identities for the e changing schools, playmates and tow

Equally frightening are the lies abd ed children are fed by a snatching par Your mother is in the hospital, she c take care of you. . . . Your father is alcoholic, or in a mental institution. Mommy is mean, she's an unfit par Some children are threatened with pun ment if they try to contact the other ent, or they may be constantly watched they can't make a call or write.

"A number of the kidnapping pare really care for or love their children," s Dr. O'Leary. "But unfortunately it's true that the child is used as a weapo a war against the other party."

Parents blame themselves

Even knowing that revenge is a not- hidden motive in many of these situatio parents often blame themselves when th children disappear. "They feel they m have done something wrong," Dr. O'Le explains, "or else the other parent would go so far as to steal the child." Their s esteem suffers, and the gnawing kno edge that they might never see their c dren again compounds their distress.

Joan Kitzis of Philadelphia equates t six-month disappearance of her son rape: "When my ex-husband stole Ada I felt as if I had been violated, that it w out of my control. Was Adam dead alive? Happy? Safe? Would he ever returned? The waiting was excruciating

For Pat Kennedy, having her young son snatched was in some ways mo painful than her older son's death. Tru she has hope, but that hope is alwa matched by a piercing fear. Crying soft she wonders whether her son is even school, whether he's being cared for a fed properly . . . and loved. "On eve level I have concern for his safety," s murmurs.

The despair of fathers and mothers this situation is compounded by the frustration at what has been massive of cial indifference to their problem. Almo everyone has a horror story of some so There is the mother who watched agha as the Phoenix, Arizona, police pulle out a standard complaint form to reco the abduction of her two children, a then checked off the category labele "Missing Persons/Bicycles."

Or there is the case of Rey Yount Wyoming, whose daughter, Stephanie J Rey Garner, was snatched in April 197 Hopping from state to state, her husban repeatedly tried to gain court custod finally winning his daughter Mississippi, then losing on appeal. H even was apprehended and jailed (in Co orado in 1978), but he wouldn't reve where Stephanie was living and th charges against him were dropped.

Why? According to Robert Bradle Mrs. Yount's lawyer, Colorado authoritie were unable to determine whether Ste hanie had been snatched in that stat

where she was visiting with her father, or after the two had crossed the border into Wyoming. "It was total hogwash," says Bradley, who wasn't notified of the man's release until several days afterward. Once again, Yount disappeared, and neither he nor Stephanie has been seen since.

Then there was the mother who found her fleeing husband and small daughter after spending $125,000 on detectives, losing her own business and selling almost all of her jewelry, paintings and furniture. When her former husband was finally apprehended, the judge in the case phoned her lawyer, suggesting that charges against the father-kidnapper be reduced to disorderly conduct. In the end, her former husband was put on three years probation, and is now back in court suing for visitation rights.

In the past, one of the biggest problems has been custody shopping—the sort of thing that Rey Yount's former husband tried. The new Parent Kidnapping Prevention Act is designed to block this route, but there still may be loopholes.

Unfortunately, parents frequently neglect to tell courts of custody decisions elsewhere. And courts, crushed by heavy case loads, are often none too aggressive in tracking the information themselves. Judges may back a local parent, who has physical custody of the child at that moment, rather than a parent who is absent and unable to defend himself or herself. Moreover, judges often are reluctant to return a child once he is settled in a new community and school system. Thus, the longer a child is missing, the safer it is for the snatcher.

Judges should not be singled out for blame, however. The police often have given bereft parents little help, viewing child snatchings as a domestic issue in which they're loath to get involved. Says Martin Oghigian, deputy district attorney of Los Angeles, assigned exclusively to child snatching cases (a very unusual arrangement), "The police constantly have to put a priority on things. They are generally overworked and understaffed, and if they are juggling a murder and a bank robbery, a parental kidnapping may be considered less important."

Arguments that there is too little time to help are small comfort to parents who haven't seen their children in years. "We heard 'domestic quarrel' until I felt sick," says Gloria Yerkovich, whose daughter, Joanna, was snatched in 1974, when she was six, and has never been found. "Everywhere we turned was a brick wall—the local law enforcement, the state law enforcement. We went through four investigators and lawyers all around the country. We tried everything we could—including psychics—and everything fell through."

The last time Gloria saw Joanna, her daughter was being carried, kicking and screaming, over the shoulder of her father. The last words Gloria heard the child speak were, "Mommy. Mommy. Help me. Help me!" Then she was gone.

Since that day, Gloria has been trying to respond to that plea. Her most recent efforts have been devoted to forming Child Find, a nonprofit, self-help network for parent and child victims of snatching. The organization, one of many that have been set up by parent-victims, has a hotline—(914) 691-7394 (call before five P.M.)—for children and parents to call in the hope of being reunited. "Joanna is twelve years old now," says Gloria. "I don't know what she's been told, but maybe she'll try to find me. I want Child Find to be a place where children can turn when they're old enough to start asking questions."

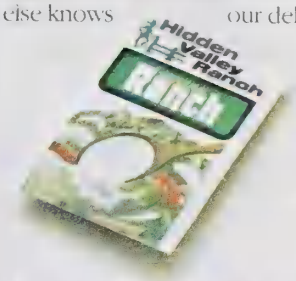
Another nationwide hotline and self-help group on the West Coast is the Stolen Children Information Exchange at (714) 847-2676. Operated by sisters Barbara Freeman and Laurie Cancellara, the organization has handled about 1,000 cases and helped several hundred parents locate their children. And if the federal Parent Locator Service works effectively, it should provide an additional low-cost resource.

Another area in which help is needed involves international child-snatching cases. The growth of multinational corporations, the ease of travel and *(continued on page 133)*

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Victorian Visions

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Look like a million without spending a fortune. Kits include pre-cut fabric (easy-care poly-cotton batiste), required laces, trims and simple-to-follow instructions—for as little as $14.95. Left: Soft as a summer breeze—blouse has point d'esprit lace yoke inset and deep, puffy sleeves trimmed with a wide lace ruffle. Appliqué butterfly adds charm (#8213). (Blue skirt not offered.) Right: Blissful innocence—ruffled-shoulder blouse has point d'esprit yoke, peach ribbon trim (#8214). Apron of point d'esprit lace with ribbon-tie cummerbund floats over lace-bordered skirt. Can be sewn shorter, if desired. (#8215.) *Coupon page 133.*

Do You See Your Mother In The Mirror?



True, you've always enjoyed being told, "Aren't you lucky to have your mother's beautiful eyes" or "You and your mother have the same wonderful smile." It's flattering to have people mention the family resemblance. Your mother's an attractive woman and you think she looks terrific for her age. But she is, after all, years older than you. So it's a bit of a jolt to look into the mirror one morning and hear your inner voice say, "You're beginning to look just like your mother."

Before anyone else (your husband perhaps) voices the same sort of comment, discover the secret shared by younger-looking women in many countries around the world, the secret of a mysterious beauty fluid that can help you look younger. In the United States this remarkable beauty fluid is known as Oil of Olay.®

The very first time you experience Oil of Olay, you'll recognize that it's unique. This delicately rich blend of tropical oil and precious emollients is similar to the natural fluids plentiful in younger skin . . . fluids that must be in proper balance for you to look just as young as you can. Oil of Olay penetrates quickly, instantly beginning to work with nature to help replenish those vital fluids that time and the environment can steal away each day of your life. Watch the skin-cherishing fluid disappear into your skin before your very eyes. You'll feel a satiny softness, a silken smoothness as dryness is eased away. And, one of the things you'll appreciate most about the remarkable beauty fluid, there's never a trace of greasiness. You'll see a fresh radiance return, the kind of healthy-looking glow out of the past you probably never expected to see again. Sooner than you'd think possible, those little wrinkle lines that make you look older than you like actually begin to fade from view.

Of course, it's a pleasure to see a younger-looking you reflected in your mirror. But it's also nice to know that the change you see is apparent to other people as well. Who do you suppose will be the first to comment on the difference? Maybe it will be your mother herself! Will you keep your secret or share it with her?

When does the mysterious beauty fluid fit into your life? If you're like millions of younger-looking women around the world, you'll make Oil of Olay an integral part of your daily beauty ritual. Lavish the beauty fluid over your face and throat first thing in the morning after washing or cleansing, to help replenish your skin's natural fluids and help bring them into the proper delicate balance. Again last thing at night, to let your skin sleep for hours in a misty, moist climate of its very own. Again any other time your skin feels dry or uncomfortable . . . when you've been exposed to too much air conditioning or steam heat, or if you've been spending a lot of time outdoors . . . gentle the beauty fluid over your face and throat to help maintain your skin's reservoir of essential fluids.

Knowledgeable women in countries around the world know that Oil of Olay is remarkable under makeup. Join them. You'll find your foundation, blusher, highlighter all sleek on easily and evenly in seconds over your newly smoothed skin and remain fresh-looking and wonderfully color true. On those days you choose to go barefaced, with no makeup at all, Oil of Olay alone imparts a dewy, radiant glow you'll love.



Look into the mirror. Certainly it's nice to have inherited your mother's beautiful eyes and wonderful smile. But if you think you're beginning to look too much like her too soon, this is the moment for you to discover the secret of Oil of Olay to help you look younger.

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● After you've shampooed your hair and wrapped your head in a towel turban, take a moment to gentle Oil of Olay® Beauty Fluid on your face and all over your throat, right up to the hairline. Remember how nice it is to be kissed on the nape of the neck?

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HAVE YOU SEEN THESE CHILDREN?

continued from page 129

the worldwide increase in divorce rates have made international flight a significant part of the kidnapping problem.

Last October, a treaty was drawn up between the United States and 28 other nations at The Hague Conference on private international law. Under the treaty, countries agree to the prompt return of children wrongfully held within their borders. The treaty still needs to be ratified by the countries involved, however, and will still leave many non-cooperating countries as havens.

As it is, the State Department's Bureau of Consular Affairs offers sympathetic, though very limited help. It will tip off parents if a fleeing spouse applies for a passport (assuming a custody order has been filed with the Bureau), but if snatcher and child have already departed hope quickly dwindles. Many other nations are even less interested in delving into "family matters" than the U.S., and less likely to honor previous custody orders. Plus, it is close to impossible to find a child when "the world" is the hiding place. Because of the Privacy Act, U.S. embassies abroad will not reveal the whereabouts of a citizen—even if it is a child held illegally—although it will tell you if the child is being cared for.

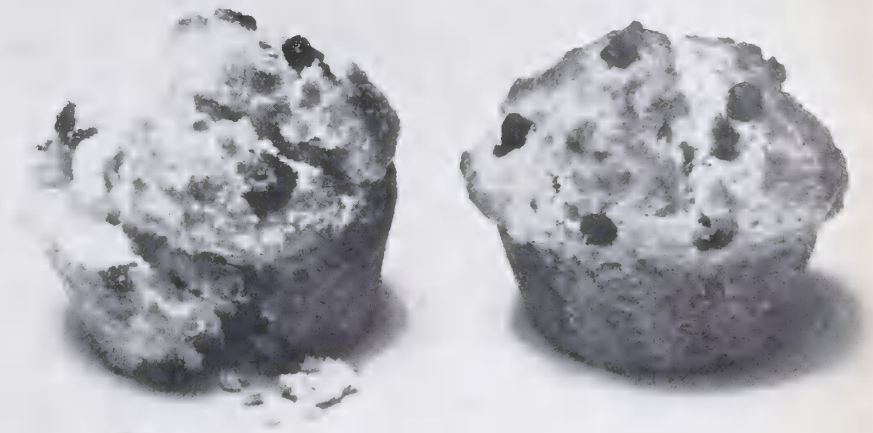
Clearly, until there is cooperation on all levels—from the FBI to the local police, to foreign courts—child stealing will continue to escalate. For it is increasingly obvious that the old rules of handling "domestic squabbles" no longer apply when the squabbles are all out wars and the weapons are children. **End**

HOW PARENTS CAN PROTECT THEMSELVES FROM CHILD SNATCHING

If you fear that your child might be snatched, it's wise to take several precautions. For example:

- Get custody immediately, even if you've just separated. A temporary or permanent order will give police more authority to track your spouse.
- Tell the authorities at your child's school to watch for unexpected visits from the child's other parent.
- Ask your attorney to include in your temporary custody order a provision prohibiting either parent from taking the child out of state until custody is formally resolved.
- Write a stipulation into your custody order stating that the child isn't allowed to leave the country without the custodial parent's consent. Then send a copy to the State Department (Passport Services, 1425 K Street N.W., Washington D.C. 20524).

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pictured on page 130

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SUMMER-COOL SWEATERS

continued from page 83

DOGWOOD SWEATER

SIZE: Directions given are for size 8. Changes for sizes 10 and 12 are in parentheses. Finished bust measurement is 32" (34", 36"). *Note:* Sweater is stretchy and is worked with 2 strands of yarn.

MATERIALS: Melrose Cravenella, 2 oz skeins, 6 (6, 8) Lt. Champagne; French Angora, 10 gr skeins, 1 each (all sizes) White, Pink, Coral, Purple, Mink, Maize, Ant. Green. Knitting needles size 6 and 8, or any size to give gauge. Crochet hook size G. Tapestry needle.

GAUGE: On size 8 needles, 4 sts = 1", 6 rows = 1". CHECK GAUGE.

BACK: With smaller needles and two strands of yarn, cast on 64 (66, 72) sts. Work in k 1, p 1 ribbing for 2½". Change to larger needles and St st. Work even until 12" (12½", 13½") from beg or desired length to armhole.

Armhole: Bind off 5 sts at beg of next 2 rows. Work even until 7½" (8¼", 9") from beg armhole. Bind off all sts.

Front: Work as for back until 1½" (1½", 2") above armhole. Neck and shoulders: Work across 18 (19, 22) sts. Bind off center 18 sts (all sizes). Join yarn and work to end. Work both sides at same time. At neck edge bind off 2 sts each side, then 1 st each side. Work even on rem 15 (16, 19) sts each side until same length as back to shoulder. Bind off all sts.

Sleeves: With smaller needles, cast on 32 (34, 36) sts. Work in k 1, p 1 ribbing for 1½". Change to larger needles and St st. Work even for 1". On next row and every 6th row inc 1 st each end 13 times in all, 58 (60, 62) sts. Work even until 17" (18", 19") or desired length to underarm.

Armhole: Bind off 5 sts at beg of next 2 rows. Work even until 8½" (9½", 10¼") from beg armhole. Bind off all sts.

EMBROIDERY: Scatter 6-7 buds on sleeve cap above armhole. See photograph (page 82) for color and placement. To make bud, with blunt tapestry needle and 2 strands of Angora, come up in 1 st, go over 3 sts and down in 5th st 5-6 times for each bud. Do not pull tightly. "Bud" should be puffy. Tie ends on wrong side. For leaves, with Ant. Green make 2 lazy daisy sts at base of bud. Tie ends on wrong side.

For Dogwood, follow chart this page. Work in duplicate stitch beginning 5 rows below neck with 1 strand of Angora.

FINISHING: Sew shoulder, side and sleeve seams. Set in sleeves having center of sleeve cap at shoulder seam and gathering fullness to fit 1" on either side of seam. With G hook, work 1 row sc around neck edge, keeping work flat. Steam lightly.

RABBIT, RABBIT, RABBIT

SIZE: Directions are given for size 12. Loose fitting sweater has finished bust size 40". Changes for bust size 36" are given in parentheses and underscored. Sweater is worked with 2 strands of yarn.

MATERIALS: Melrose Cravenella, 2 oz skeins, 8 Turquoise; 1 each Lavender, Scarlet, Vine Green, Corn, Mulberry; French Angora, 10 gr skeins, 2 each Red, Maize. Knitting needles size 4 & 6 (3 + 5), or any size to give gauge, double pointed needles (dp) in size 4 (3).

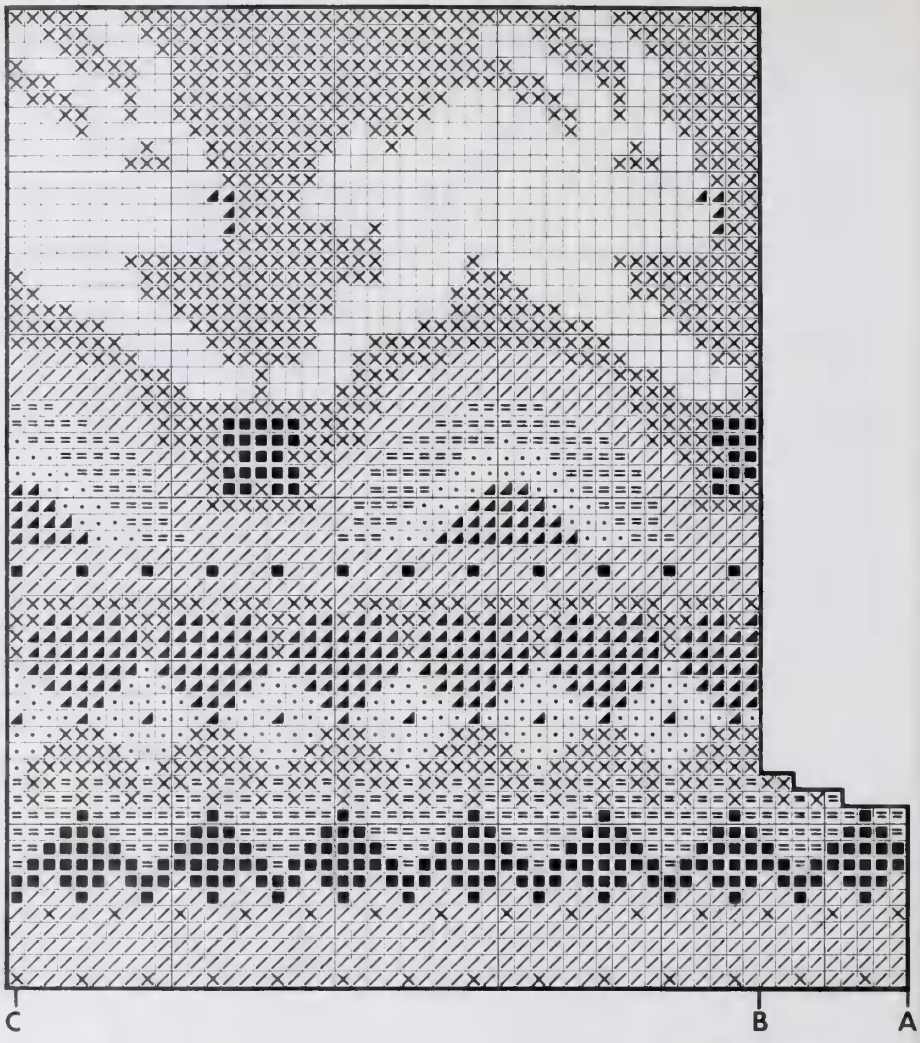
GAUGE: On size 6 needles, 5 sts = 1", 7 rows = 1"; size 5 needles, 6 sts = 1", 8 rows = 1". CHECK GAUGE.

FRONT: With smaller needles and 2 strands of Turquoise, cast on 72 sts. Work in k 2, p 2 ribbing for 2½". Change to larger needles and St st. Inc Row: k 1, inc 1 st, [k 2, inc 1 st] 34 times, [k 1, inc 1 st] twice, k 1 (37 incs, 109 sts). Purl 1 row. Continue in St st until 11½" (10½") from beg or 1½" less than desired length to armhole. Begin design.

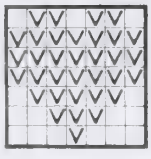
Follow chart on this page. Begin pattern at A. Work across 45 sts (1 st before center st), work center st then reverse pattern EXCEPT for rabbit beginning with 45th st. Count rabbit as given. Work 3rd rabbit in same way. AT THE SAME TIME work armhole. Complete design. Work 2 rows even in Lavender. Begin shoulders and neck.

Armhole: Bind off 4 sts at beg of next *(continued)*

RABBITS



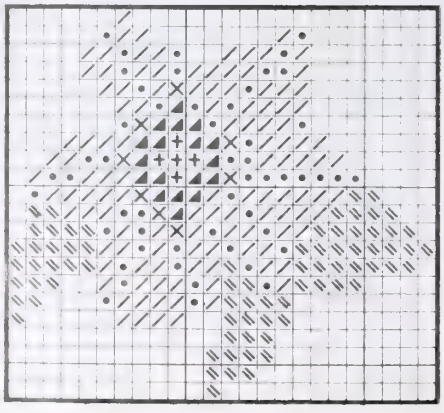
SLEEVE MOTIF



Red Angora

Turquoise
Lavender
Scarlet
Vine Green
Corn
Mulberry
Maize Angora

DOGWOOD



Antique Green
White
Pink
Mink
Purple
Coral

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SUMMER-COOL SWEATERS

continued

2 rows. Bind off 3 sts at beg of next 2 rows, then 2 sts at beg of next 2 rows (91 sts).

Shoulders and neck: **Row 1**: Bind off 5 sts (shoulder), k 34. Place rem sts on holder. **Row 2**: Bind off 3 sts (neck edge), p to end (31 sts). **Row 3**: Bind off 10 sts (shoulder), k to end (21 sts). **Row 4**: Bind off 3 sts (neck edge), p to end (18 sts). **Row 5**: Bind off 10 sts (shoulder), k to end (8 sts). **Row 6**: Bind off 3 sts (neck edge), p to end. Bind off rem 5 sts (shoulder). Pick up sts from holder. Join yarn. Bind off center 13 sts for neck. Work other shoulder and side to correspond.

BACK: Worked in solid color only. Work as for front until same length to armhole. Dec as for front armholes, then work even on 91 sts until same length as front to shoulder. Bind off 5, 10, 10, 5 sts each side as for front. Place rem 31 sts on holder for back neck.

SLEEVES: With smaller needles and Turquoise, cast on 44 sts. Work in k 2, p 2 ribbing for 2½". Change to larger needles and St st. Inc Row: [K 2, inc 1 st] 21 times, k 2 (21 incs, 65 sts). Purl 1 row. Begin heart pattern.

With Turquoise, k 32, join Red Angora, k 1, with Turquoise, k 32. Follow chart page 134 to continue working heart in Red, sides in Turquoise. Carry yarn across back of heart. Do not pull tightly. Twist yarns when changing colors. 7 Rows for heart plus 3 rows St st constitute 1 pattern repeat.

On **Row 10** of pattern, inc 1 st each side 3 times (71 sts). Repeat pattern until 11 (10) hearts are completed or to desired length to underarm. End with Row 10 of pattern.

Armhole: Bind off 4, 3 and 2 sts as for front. Then dec 1 st at beg of every row 24 times (29 sts). Bind off 3 sts at beg of next 6 rows (11 sts).

Saddle Shoulder: Cont on 11 sts for 3 more pattern repeats or until same length as shoulder. Place sts on holder.

FINISHING: Sew saddle shoulders to back and front. Sew armholes, side and sleeve seams. With dp needles pick up sts around neck. Skip 3 sts at center front. Include sts from holders. Work back and forth in k 2, p 2 ribbing for 1". Bind off loosely in ribbing. Sew left side of ribbing to neck edge over 3 skipped sts and part of right ribbing. On inside, repeat with right side of ribbing. (Band will overlap at center front.) Steam lightly.

Simplified Instructions

IRIS SWEATER

SIZE: Directions are given for size 8. Changes for sizes 10 and 12 are in parentheses. Finished bust measurement is 32" (34", 36"). *Note*: Sweater is stretchy and is worked with 2 strands of yarn.

MATERIALS: Melrose Cravenella, 2 oz skeins, 4 (4, 6) Mint; French Angora, 10 gr skeins, 1 each Mink, Ant. Green, Lavender, Purple. Knitting needles size 6 & 8, or any size to give gauge. Blunt tapestry needle.

GAUGE: On size 8 needles, 4 sts = 1", 6 rows = 1". CHECK GAUGE.

BACK: With smaller needles and 2 strands of yarn cast on 64 (66, 72) sts. Work in k 1, p 1 ribbing for 1½". Change to larger needles and St st. Work even until 10½" (11", 12") from beg or desired length to armhole. Bind off 4 sts at beg of next 2 rows. Work even until 6" (7", 7½") from beg armhole.

Neck and Shoulders: Work across 13 (14, 17) sts. Place next 30 sts on holder. Join yarn and work across rem 13 (14, 17) sts. Work both sides together. Work even for 1" (all sizes). Bind off all sts.

With smaller needles, pick up sts from holder. Work in k 1, p 1 ribbing for 1". Bind off in ribbing.

FRONT: Work as for back.

SLEEVES: With smaller needles, cast on 40 (44, 48) sts. Work in k 1, p 1 ribbing for 6 rows. Change to larger needles and St st. Inc 1 st each end of next row and every other row 4 times. 48 (52, 56) sts. Work 2 (2, 4) rows even.

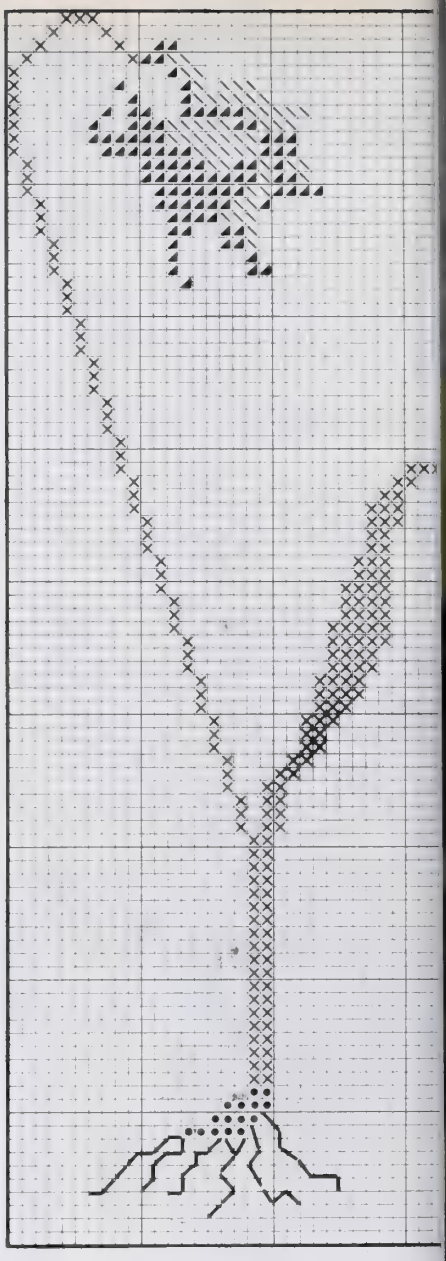
Cap: Bind off 4 sts at beg of next 2 rows, then bind off 1 st at beg of next 8 (12, 16) rows. Work even for 1¼". Bind off 1 st at beg of next 28 rows. Bind off rem 4 sts.

EMBROIDERY: Follow chart on this page. With blunt tapestry needle and 1 strand of Angora work in duplicate stitch to complete design. Use a long straight stitch to complete "roots."

FINISHING: Sew ribbing to side of front and back shoulders. Sew shoulder, side and sleeve seams. Set in sleeve. Steam lightly.

IRIS

Purple ◪
Lavender ⧅
Foam Green ⊠
Mink ⊙



TULIPS

SIZE: Directions are given for size 8. Changes for sizes 10 and 12 are in parentheses. Finished bust measurement is 32" (34", 36").

MATERIALS: Pingouin LE YARN, 3.5 oz skeins, 3 (3, 4) Lilac. For tulips, 1 each Orange Blossom, Purple, Fuchsia and Pale Emerald. Knitting needles size 6 and 8, or any size to give gauge; crochet hook size G, 2 markers, blunt tapestry needle.

GAUGE: On size 8 needles, 17 sts = 4", 6 rows = 1". Note: Be accurate in measuring, 4 sts do NOT equal 1". CHECK GAUGE.

POINTELLE PATTERN: Multiple of 5 sts plus 1. **Row 1**: * k 2, p 2 tog, yo, k 1. Rep from * across, end k 1. **Row 2, 4, 6 and 8**: Purl. **Row 3 & 7**: Knit. **Row 5**: * K 3, yo, p 2 tog. Rep from * across, end k 1. Rep these 8 rows for pattern.

BACK: With larger needles and Lilac, cast on 101 (106, 111) sts. Knit 3 rows, purl 1 row. Work 12 rows in Pointelle pattern, ending with a purl row. **Next Row:** K 1, [k 2 tog] 49 (52, 54) times, end k 2 (1, 2) for a total of 51 (54, 57) sts. Change to smaller needles. Begin ribbing. **Row 1**: K 1, p 2 across. **Row 2**: K 2, p 1 across. Rep these rows 6 times. **Next Row**: (Inc row, wrong side facing) Inc 1 st in every 3rd st across, 68 (72, 76) sts. Change to larger needles and work in St st until 13½" (14", 14½") from beg or desired length to armhole.

Armhole: Bind off 4 sts at beg of next 2 rows. Dec 1 st each side every other row 2 (2, 3) times, 56 (60, 62) sts. Work even until 7" (7", 7½") from beg armhole.

Shoulder: Bind off 6 sts at beg of *(continued)*



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SUMMER-COOL SWEATERS

continued

next 4 rows, then 6 (6, 7) sts at beg of next 2 rows. Bind off rem 20 (24, 24) sts.

FRONT: Work as for back until 4" (4", 4½") from beg armhole.

Shoulders and neck: Work across 22 (23, 24) sts. Bind off center 12 (14, 14) sts. Join 2nd skein of yarn and work across rem 22 (23, 24) sts. Work both sides at same time. At neck edge, dec 1 st every row 4 (5, 5) times. 18 (18, 19) sts each side. Work even until same length as back to shoulder. Beg at armhole edge, bind off 6 sts at beg of next 2 rows. Bind off rem 6 (6, 7) sts.

SLEEVES: With smaller needles and Lilac, cast on 42 (46, 50) sts. Work in k 2, p 2 ribbing for 5 rows. Change to larger needles. Knit across, inc 0 (1, 2) sts, 42 (47, 52) sts. **Next Row:** P 1, place marker, p to last st, place marker, p 1. Work 20 rows of Pointelle pattern on sts between markers. Keep outside sts in St st, inc 1 st each side on 3rd row of pattern, then every 4th row 2 (2, 1) times more, 48 (53, 56) sts. Work even until 5½" (6", 6") from beg, or desired length to underarm.

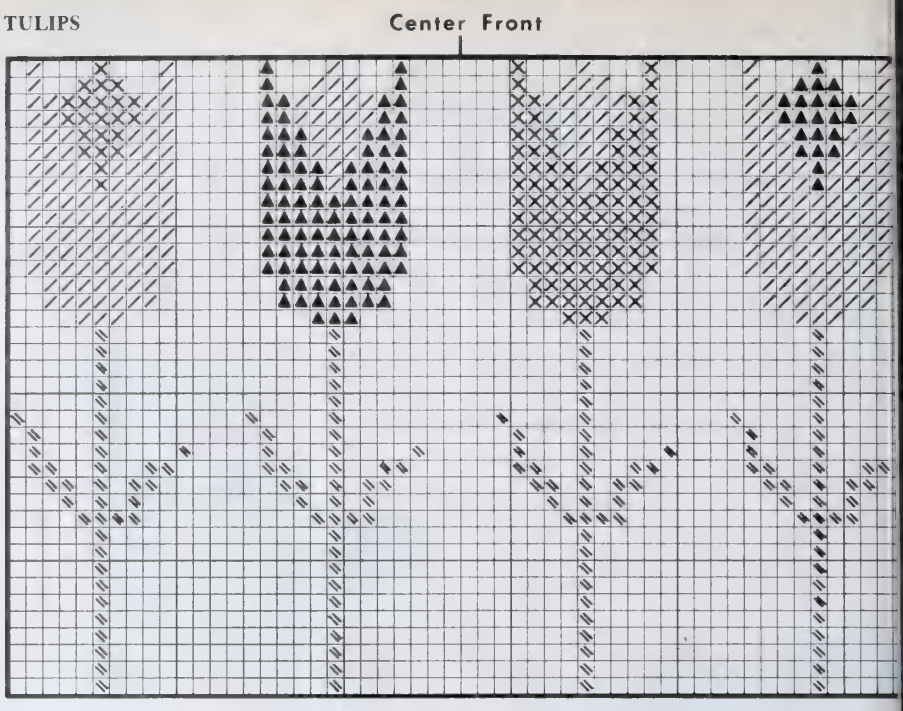
Cap: Bind off 4 sts at beg of next 2 rows. Dec 1 st each side of next row then every 6th row 4 (5, 5) times more, 30 (33, 36) sts. Purl 1 row. For size 12 work 2 more rows.

Next Row: K 9 (9, 10), k 2 tog 6 (7, 8) times, k 9 (10, 10), 24 (26, 28) sts. Purl 1 row. **Next Row:** K 2 tog across. Bind off rem 12 (13, 14) sts.

FINISHING: Lightly steam front. Follow chart this page. Embroider Tulips using duplicate st. Begin stem on 5th row of ribbing. Move 1 st to left or right, as necessary, to continue stem above ribbing to keep placement of Tulips as on chart.

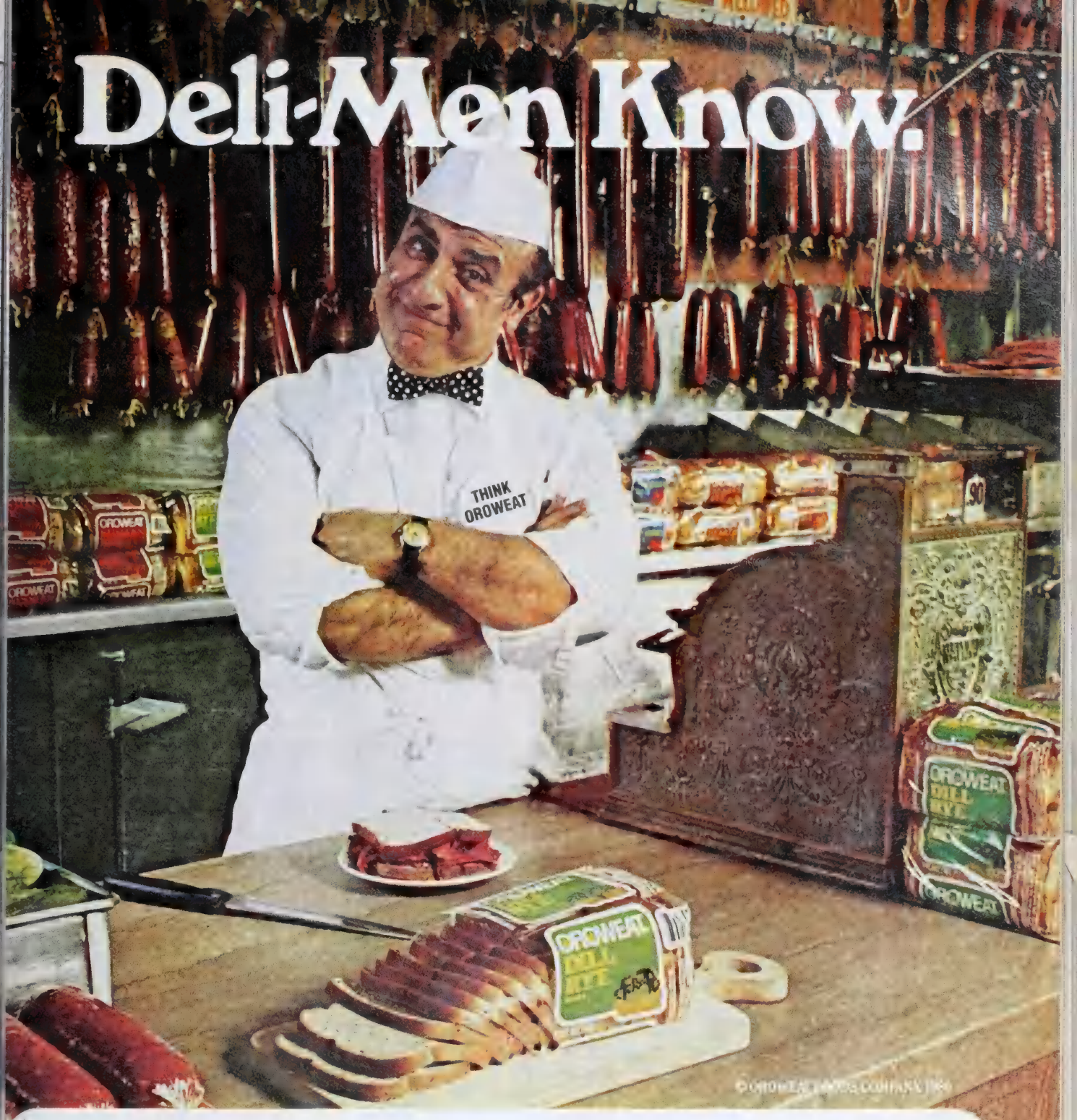
Sew shoulder seams. Sew side and sleeve seams. Set in sleeves, having center of gathered cap at shoulder seam. With crochet hook and Lilac, work 1 row sc around neck edge. **End**

TULIPS



Fuchsia
Orange Blossom
Purple
Pale Emerald





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JOURNAL AROUND THE HOUSE

FIGHTING THE LAUNDRY BLUES

By Lois Libien and Margaret Strong

All that dirty wash got you down? Don't let it. These handy tips will help you cope with the laundry.

• Are your synthetic whites gray and dingy? Turn them white again with automatic dishwasher detergent. (It even helps remove those mysterious gray spots that seem to appear out of nowhere.) Dissolve a cup of the powdered detergent in a plastic bucket of warm water. Let the garment soak for half an hour or more (overnight, if possible); then wash as usual. Wear gloves when doing this job. Automatic dishwasher detergent can be rough on the hands.

• Perspiration stains ruining your clothes? You can usually remove such stains from washables by washing the stain with hair shampoo. Then rinse the area thoroughly with cool water. But be sure to pretest the shampoo on an inconspicuous bit of fabric first.

• Perspiration odor a problem? Remove it from clothes by soaking them overnight in warm salt water—about 3 tablespoons of ordinary table salt for each quart of warm water. In the morning, drain off the salt water, rinse the clothing in cool water, wash and dry as usual.

• Cuffs, pleats, creases frayed? Turn pants with creases, skirts with pleats, shirts with fold-back cuffs inside out before washing. This will minimize wear, tear and fraying on fold lines.

• Is your wash linty? First clean out the lint filters in both washer and dryer. (A clogged filter may put in more lint than it takes out.) Then sort your laundry into linty and non-linty items as well as lights and darks. (No sense getting light blue lint on dark blue corduroys.) Check pockets and cuffs for lint-like bits and shake out any lint from previous washes. Turn socks, tights, polo shirts, corduroy pants and the like inside out before washing. This may not cut down on lint, but any lint that does stick will be on the inside of the garment.

• Still bothered by lint? Lift it off with cellophane tape, a dry cellulose sponge or a lint remover, which is usually available at most dime stores.

• Wrinkles a problem? Don't overload the washer. Overloading creates a "crush" in the washer, puts extra stress on the clothes and causes wrinkling. Help avoid the problem by using enough water in the washer so the clothes can circulate freely. And don't wash heavy work clothes and jeans with lightweight shirts and blouses. The lightweights will come out cleaner and be subject to less crushing if they're washed separately.

• Know the best way to wash and dry a no-iron shirt or blouse? Wash as directed on the care label and remove the garment from the washer after the last complete rinse cycle but before the final spin. Hang it neatly on a hanger, smoothing seams, collar, cuffs by hand. Let drip dry.

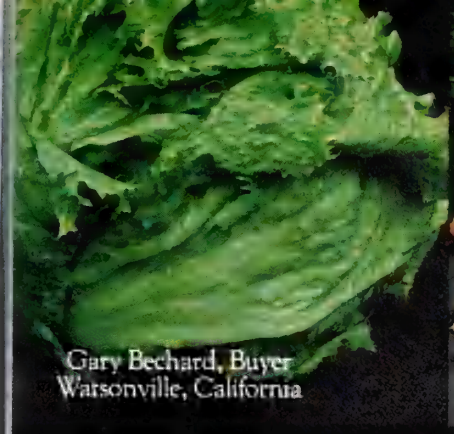
• Rather use a dryer? Go ahead, but dry only one washer load at a time. Use the "synthetic," "permanent press" or "wash and wear" setting if the dryer has one. If not, set for low or medium heat. When clothes are dry, let tumble for another 10 minutes or so on the no-heat setting, if the dryer has one. Otherwise, remove clothes and fold or hang them immediately, pressing them smooth with your hands.

• More wrinkles? Be sure to remove no-iron garments from the dryer as soon as they're "done." Wrinkles form when you let garments sit for long periods of time in the dryer after moisture has been removed. You may be able to remove wrinkles by tumbling your clothes again for 20 minutes on the "no-heat" setting, if your dryer has such a setting. Be aware, too, that overloading the dryer encourages the formation of wrinkles.

• No-iron fabrics won't unwrinkle even after you've ironed them? Maybe they need a steam pressing. Try using a steam iron set at low to medium (275° F to 325° F) or at the polyester setting if there is one. If that doesn't iron out the wrinkles, take the garment to the dry cleaner and have it steam pressed. It may cost a few dollars, but it'll be less frustrating in the long run. **End**



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POETRY CORNER

PRAYER WHEN DUTY IS TOO HEAVY

By Paul Geres

O God, if I could only get away: I do know where. That doesn't matter.

Leave . . .

Like seeds blown by the wind. Escape discipline and duty, restrictions, everyt that limits and crushes me and forces n give up what I used to love.

O Lord, I have this yearning for independence again, the same yearning I felt when I was fifteen but which I t was dead by now. A longing for adven and an unquenchable thirst for open horizons. I want to be my own master obey anyone. I want to tell myself, as many others do, that there is no longe law—simply because I don't want to h anything to do with one.

But I'm not fifteen years old anymore, and I know that. And I need your he realize that dreams are empty, that lif serious, that there are other human be and that there is work to be done.

O Lord, help me to face reality, help i see clearly, give me that single-minded which can aid me whenever I want to up on the human condition in order to my own dreams. On those days, Lord prevent me from doing foolish things— had enough of that. Remind me of the which is yet to be done, the help yet to given to some, peace to others.

If I rebel for an instant, God, forgiv for you know that I desire only to do you want me to do.

"What do you think? A man had tw and he went to the first and said, 'So and work in the vineyard today.' And answered, 'I will not'; but afterward repented and went. And he went to th second and said the same; and he ans 'I go, sir,' but did not go. Which of t did the will of his father?" (Matt. 21:28-31).

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ROWEAT

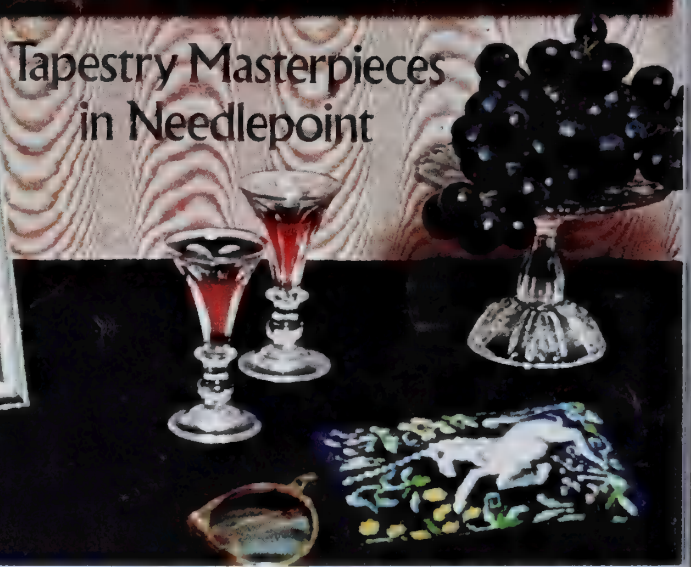


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Photographs left, Tom Arma, top right, Fred Schulze, bottom right, Charles Gold

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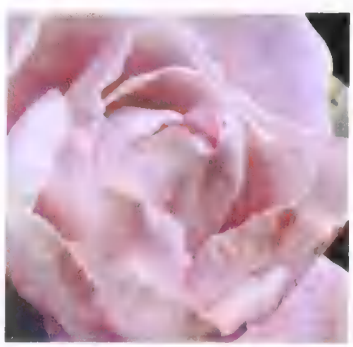
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continued from page 79

enovating an old farmhouse in Dobbs erry, and wanted a break before his next ob. So he and his wife Jennifer flew own for some sun and deep-sea fishing n Grand Bahama island.

Now Keith was looking forward to get- ng back to work. Spring was always a usy time for Olson Custom Carpentry. n May and June, Keith usually had more ork than he could handle. Now if only is wife could get her own career going gain.

Two years before, Jennifer worked as an nterior decorator in Manhattan. But hen she married Keith she closed up er office. Now she and Keith lived in lew Castle, N.Y., just above Ossining. ut Jennifer found she wasn't happy un- ss she was planning some room in her hind, leafing through swatches of fabrics nd wallpaper samples.

Having nothing to do all day left her epressed and irritable. So since Christ- nas of 1978, she had been looking for nterior decorating assignments. She even laced an ad in the local paper, but no ne replied. And as the winter wore on, ennifer had been getting increasingly iscouraged. But Keith noticed that the ropical sunshine had cheered her up.

Their flight landed at Kennedy Interna- onal Airport shortly after four P.M. They ere almost home when Jennifer turned o him. "Do you mind if we have David p for dinner tomorrow night?"

"So soon?" Keith asked. "It seems as ough we're feeding David M. Car- nichael every two weeks!"

"But we haven't seen David since larch," Jennifer reminded him.

"Yeah," Keith laughed. "March thirty- rst! But sure, go ahead and invite him. I ouldn't mind."

When Keith and Jennifer were first arried he felt very uncomfortable about ennifer's warm friendship with the Man- attan antiques dealer.

At six feet, David Carmichael stood wo inches taller than Keith. And David's igged, extraordinary good looks made eith feel competitive and ill at ease. David was 42, nine years older than eith, 12 years older than Jennifer. But he extra years only made him better ooking. His full head of hair had turned distinguished gray, and he kept himself rim and athletic by spending at least an our at the indoor racquet club every fternoon. An elegant man, he always ore hand-tailored blazers, silk ties and xpensive shoes. And as a dealer in 18th- entury antiques, he was at home in the ich, sophisticated world that Jennifer sed to inhabit.

A little before six o'clock, *(continued)*

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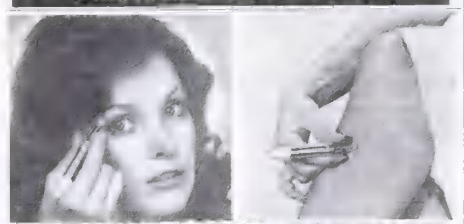
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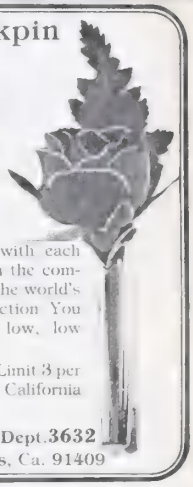
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continued

they pulled into their driveway at 712 Sunset Brook Lane. Keith took their suitcases upstairs.

Suddenly he heard Jennifer's voice from downstairs, in the kitchen. "Keith!" she called. "Come down here!" She sounded worried.

"Coming!" he shouted back. He bolted out of the bedroom and ran down the stairs, two at a time. But when he entered the kitchen, there didn't seem to be anything wrong.

"What's the matter?"

"Look." Jennifer pointed to the window over the sink.

He and Jennifer owned just over an acre of land. Their house seemed private, because Sunset Brook Lane was almost completely wooded. Behind their house was a deep gully with a brook at the bottom of it. And their kitchen had a great view of the western horizon. Keith often liked to eat dinner at the kitchen table so he could watch the sunset.

But now when he glanced out the window, he couldn't believe his eyes. Directly across the gully, where Sunset Brook Lane doubled back on itself, stood a two-story house. It hadn't been there when they had left on vacation.

"There goes the view," Jennifer said sadly.

But Keith was amazed. "That's impossible!" he exclaimed. "There's no way you can put up a house that fast. The land wasn't even cleared ten days ago!"

"Are you sure?" Jennifer asked. She and Keith didn't use the western spur of Sunset Brook Lane, unless they were headed for the Taconic Parkway.

"I'm positive!" Keith insisted. "I drove over that way just two weeks ago on my way to Dobbs Ferry. There weren't any foundation markers laid out, no bulldozers. Besides, that's Clyde Ramsey's land. He'd never want to build there."

He squinted against the late afternoon glare. The oaks and maples weren't in leaf yet, and the setting sun was slipping down behind the front porch of the new house. It seemed to be barely 100 yards away, right on the edge of the gully. And from its silhouette, he could tell it had a mansard roof and a large porch, complete with pillars, to the left. He couldn't see any shades or blinds. Evidently the new tenants hadn't moved in yet.

Keith glanced over at the clock above the stove. It was 6:10. The sun would be setting in about 15 minutes. "Jennifer, would you mind if I walk over and take a look at that place? I can't imagine how it was possible to build it so quickly."

"As long as you unpack first," she said. Keith nodded and climbed back upstairs.

When he returned to the kitchen, Jennifer was by the sink. She had tanned beautifully, and the bright sun had filled her chestnut hair with highlights that were the color of honey. The light from the western sky shone through her hair and turned it to a soft and lovely gold.

Was he so jealous of her because of her beauty? It did bother him a bit that Jennifer had been married once before when she was 25. She had been divorced five years ago. But even so, Keith didn't like being compared to someone he had never met. And it didn't help that one of Jennifer's closest friends was David Carmichael—a handsome, polished, unattached man who made a lot more money than Keith.

He kissed his wife and looked at her face for a moment. Her eyes had rings of yellow around the pupils, like two little solar eclipses. He didn't have to worry about Jennifer, he told himself. She and David were just friends, who'd known each other for years . . .

"I won't be too long," he told her. "I just want to have a look at that house before it gets dark."

Jennifer smiled back at him. "Try to find out who owns it. Maybe they'd let me decorate it once it's all fixed up."

Jennifer waited until he was a good distance along the path that led across the gully. Then she walked over to the telephone on the kitchen wall and dialed Manhattan.

The telephone was answered even before the first ring was complete. "David Carmichael, good afternoon!"

"Jennifer! How are you?"

"Wonderful, David, and you? Am I calling at a bad time?"

"Of course not," David laughed.

"Good," Jennifer said. "David, Keith and I just got back from Grand Bahama. I want you to see us before my tan starts to peel. Are you free for dinner tomorrow?"

"Sounds good," David said. "What time do you want me to come by?"

"Oh." Jennifer paused. "Around six-thirty is okay."

"Right," David said. "Bye, now."

"Good-bye," Jennifer replied.

From the Olsons' house at 712, Sunset Brook Lane ran north, then curved sharply south again to form an inverted U. If Keith wanted to get to the new house by walking along the road, it meant crossing a short, concrete bridge at the top of the lane, a walk of nearly half a mile. It was much faster to hike straight across the gully that separated the new house from his own kitchen door.

A light breeze was blowing. Down at the bottom of the gully, where the ferns grew in summer, the brook was low and not making much noise.

Crossing the stones that protruded above the water's surface, Keith paused. Right here, on the other side of the stream, the air seemed darker! It had that slightly evil greenish tinge Keith had often seen right before a thunderstorm.

Keith glanced up. The house loomed above him, blocking the sun, but the sky behind it was clear enough! Keith merely shrugged and started climbing the bank.

He soon reached the other side of the ravine. Directly in front of him stood the wood-frame house, perched on a narrow expanse of bare soil that had been bulldozed flat. It was painted yellow, with white trim, and the slopes of the mansard roof were finished in slate.

The house had been set at right angles to Sunset Brook Lane, so that its front door faced due south. Keith stared in amazement at the ornate Queen Anne-style wooden trim under the porch roof. You didn't see gingerbread like that on houses any more!

There wasn't any garage, but right in front of the front porch, a wide strip of soil adjoining the road had been covered with bluestone gravel. That, Keith supposed, was where the owner *(continued)*



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would have to park his car. But there was no automobile there now. Nor were there shades or curtains on any of the windows. The scalloped clapboards were carefully shaped in imitation of semi-circular shingles, but they needed a fresh coat of paint. There were dents, scratches and chips everywhere—even 20 feet up on the side of the building!

Then Keith saw the enormous tire tracks. Some heavy vehicle had left smears of clayish soil out into Sunset Brook Lane. Now he understood. This house hadn't been built, it had been *moved* to its present site.

He walked closer and examined the lowest row of clapboards, just above the freshly poured concrete foundation. Yes, there were the scars of the jacks that had lifted the house off of its original underpinnings.

But why had it been moved *here*, of all places? There was practically no backyard to speak of. And just beside the front porch, the land sloped steeply down to the brook at the bottom of the gully. After going to all that trouble, why had the owner picked such a narrow, awkward plot of ground?

Keith walked around the house so that he could view it from the road. A massive bay window jutted out from the wall fronting on Sunset Brook Lane. Like the mansard roof above it, the bay was roofed in slate and contained three separate panels of glass. Each was about three feet wide, and nearly six feet tall. Apparently the house had been angled so that this window would catch the afternoon light. Maybe whoever owned this place liked to watch sunsets, too.

Climbing the steps to the front porch, Keith saw the entryway panels on either side of the front door. Each was composed of little six-sided panes of glass, held together with strips of lead. The panes were perfectly clear. But the top and bottom of each panel bore a strip of bright red, stained glass. Over the door was a semi-circular fan window, also composed of leaded glass. At the bottom of the fan was a large blood-red disk of stained glass. Strips of leading radiated out from it like sunbeams. It looked just like the setting sun, about to drop down beneath the horizon. And right in the middle of the red circle, in big black numerals, was the house number—666.

That made sense. He and Jennifer lived at 712. A house on this side of Sunset Brook Lane could take any number down to 640—the number of Mrs. Woodfield's place, about a quarter mile down the road. But looking carefully, Keith saw that the numerals were strips of lead enclosing the disk of red glass. Was that why this house had been moved to this precise location, so that the house number wouldn't have to be changed?

Then he heard a soft click. Right in front of him, the front door swung inward, ever so slightly. That's odd, Keith thought. He hadn't felt any breeze. But if the door was unlocked, there had to be someone inside after all. Keith would have to meet the new neighbor sooner or later, and now was as good a time as any.

He pressed the doorbell, but there was no sound from within. Apparently the electricity hadn't been hooked up yet. He pushed the door with his hand and it swung inward, noiselessly, on its hinges.

To his left, a steep staircase with an old-fashioned banister led up to the second floor. Straight ahead, a narrow hallway ran directly to the back of the house.

"Hello!" Keith called out. But there was no answer.

He stepped into what must have been the living room, but the first floor was absolutely bare, without any furniture. Also, there were no light bulbs. Someone had removed the ceiling fixture from the living room ceiling as well as from the hall. The only light in the place came through the windows from the outside.

At the back of the living room was a small alcove with a fireplace in one wall, and a door on the adjoining wall. Keith pushed at the door and saw that it led to the kitchen, at the back of the house.

He retraced his steps. The living room floor was oak and looked very old. But the walls—which Keith had hoped would have some attractive wood paneling—were made of the cheapest possible wallboard. Keith shook his head. Maybe the owner took pride in the outside of this house, but he didn't seem to give a damn about the interior.

One part of the ground floor did have paneling, though—the staircase. At first Keith assumed that the two sliding doors under the stairs led to a coat closet. But in place of knobs, the doors had huge iron rings, all pitted and worn. Keith pulled on them and the doors slid sideways into the paneling. Behind them was a strange little six-sided room.

Keith stepped in. Right ahead of him were the three panels of the bay window he'd seen from outside. The floor, perhaps 12 feet across, was white and cream-colored marble, inlaid in a series of interlocking hexagons. The same pattern was repeated on the paneling on either side of the sliding doors and underneath the leaded windows. And then there were the windows themselves.

Each section of the bay window was made up of six-sided panes of clear glass, about seven inches across, joined by strips of lead. Keith saw that most of the panes had little scratches on them. They seemed to form some kind of pattern, but it was too faint to make out. Besides, the sun was at the horizon now, shining through the bay window, creating too much dazzle. And the scratches were almost as transparent as the glass itself.

Keith climbed upstairs. The banisters were fine old teak, but the stairs were just old, stained boards with a splinter here and there. At the head of the stairs was the bathroom, and to the right, a sizable space that could be used for a dressing room or small bedroom. To the right—toward the front porch—was the master bedroom, only slightly smaller than the dressing room leading into it.

One wall of the bedroom was finished in the same wood paneling that formed the side of the staircase downstairs. The other three walls, though, were finished in that low-grade wallboard. *continued*



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He was about to walk back downstairs when he heard a sharp clang behind him. It was the distinctive sound of metal hitting metal. Keith stopped and turned around. Right behind him was the bathroom, and inside it, an old-fashioned bathtub of cast iron, standing on four clawed feet.

He walked over to the bathtub's high, rounded rim and looked inside. Lying on the rust-stained enamel at the bottom of the tub was a dark brown coin about the size of a 50-cent piece, just a bit too large to roll down the drain. Keith leaned over and picked it up. To his surprise, it was almost hot to the touch.

Where had the coin fallen from? Keith looked up at the ceiling over the tub, but the plaster was completely intact. Had the coin been balanced on the tub's rim, and jarred loose by Keith's footsteps? But who would bother to put it there in the first place?

He carried the coin over to the bathroom window to look at it in the light from outside. As he held it, the heat seemed to retreat within it. Now Keith wasn't really positive whether it had been warm at all. On one side were big capital letters, S C, and between them, a shape that looked vaguely like an umbrella stand. Keith wondered what the S C stood for.

He turned the coin over. On the other side was the worn profile of a man with a long, thick neck. It had to be a foreign coin, he thought. Around the profile was a circle of letters but they were so worn that Keith couldn't make them out. In fact, the coin wasn't in very good shape. It had that green and bumpy look old bronze gets after being buried in the earth; and the edge was badly dented in several places.

But even so, there was no point in leaving it in the bathtub. Keith slipped the coin into his pocket.

At the head of the stairs, he paused and glanced out the window. It would be getting dark any minute. Time to get back home before Jennifer started worrying about him.

Keith descended the stairs and stopped abruptly at the bottom. He had left the front door wide open when he walked in; now it was closed again! And just then he heard a low noise—a hiss, or maybe a sigh—from the hall behind him.

Spinning around, he glanced back toward the kitchen. A ruby-red shaft of light was fanning out from between the sliding doors. Curious, Keith walked back down the hall and looked into the six-sided room.

Only a few minutes before, the panes of the bay window had been completely transparent. Now they were glowing red, stained the same color as the setting sun.

Keith stepped into the room and gasped in astonishment. Somehow, the glass seemed to be collecting the sun's rays and amplifying them. The floor, the paneling—in fact, the entire room—was bathed in the crimson glow. Keith looked down at his hands, now blood red! His quilted jacket, blue in the ordinary daylight, now glowed a deep purple.

Then he noticed the nearly life-sized human figures in each of the three windows. Those weren't scratches he had seen before but minute lines that had been carefully etched into the glass. And now that the panes were glowing red, the pattern superimposed on them was clearly visible.

The figure in the left-hand window wore a long-sleeved tunic, leggings and a strange kind of half-shoe, half-sock. He was graceful and handsome, facing right and smiling broadly, extending his left hand toward the woman represented in the middle window. Like the grinning man, she seemed to be dressed in a costume from the Middle Ages. Lifting the hem of her skirt, she was stepping—or maybe dancing—toward the

n. He was beckoning her to come with
n, and she, with a coy smile, was ac-
oting his invitation. Then his eyes fell
the third, right-hand window.
Both the man and the willing maiden
re etched in three-quarter profile. But
other man was shown full-face, his
outh contorted in grief and big, stylized
rs running from his eyes. Obviously he
s not too lucky in love. The grinning
n was stealing his woman away from
n. Rather than trying to prevent her,
was just standing there, crying over
situation. Damned fool!
But there was something oddly familiar
out him. Keith stepped closer. The
l's face was contained within a single
ne of glass, as if a six-sided mask had
en fitted over his head. His tears were
lized, but his face was almost photo-
phically realistic . . . .
All at once, Keith realized why those
tures looked so familiar. It was Keith's
n face looking back from this window!

errified and confused, Keith backed
ay. Outside the sun vanished beneath
horizon. Yet the three windows still
wed bright red and slowly pulsed as
ough they had a life of their own.
Keith reached behind him, afraid to
e his eyes off that incredible right-
nd window, searching for the doorway
the hall. But instead, his hand brushed
ainst solid wood paneling. Had those
ding doors shut behind him, trapping
n in here? He spun around in panic.
t no, he'd only bumped into one of the
neled walls. The sliding doors were
l open, just as he'd left them.
He ducked through the doorway and
toward the front door. He was only
grateful to get out of there! But just as
came even with the bottom of the
irs, Keith glanced out through the en-
way window beside the front door and
rly dropped in his tracks. A trans-
ent, headless figure had stepped onto
porch, blocking his way out.
Keith backed away, utterly terrified,
l the apparition promptly vanished.
en Keith took a second look, and un-
stood. He was looking at his own re-
tion in the entryway window!
He stepped forward again, and the
adless figure promptly reappeared.
e step backward, and the figure van-
ed. Keith turned to his right, where
day's last light was flooding through
window at the foot of the stairs, il-
minating his torso and shoulders, but
his head.
t had all been just a trick of the light.
could feel his pulse slowing back to
mal as he opened the front door and
pped out onto the porch.
But what about the face of the weeping
l, back there in the six-sided room?
at was no reflection! Keith was sure the
e had been his own, but right now, he
n't want to go back in there to find out
certain.

As he closed the front door behind him, Keith heard the bolt slide into place. The door was locked now; he couldn't budge the knob more than a quarter-turn.

He stepped off the porch and headed for the path across the gully. It was getting dark quickly now, and Jennifer had turned on the outside floodlight over the kitchen door. Then, suddenly Keith had the uneasy feeling that he was being watched. He froze, turned abruptly, and stared into each of the house's windows. But nobody was there.

He closed his fingers around the bronze coin in his jacket pocket. When he finally met whoever owned this house, he'd give him back the coin, along with a reminder not to leave his front door unlocked! But in the meantime, he decided not to mention anything to Jennifer about seeing his own face in that etched-glass panel. Not until he had another chance to look at the bay window during the day.

But Keith knew he wouldn't have time to come back here tomorrow. Wednesday he had to visit the office in Chappaqua and get caught up on bills and the phone calls recorded on the answering machine. And Wednesday evening, Jennifer would want him home early to get cleaned up, put on a tie, shine his shoes . . . . There was always a chance, of course, that David wouldn't be available on such short notice. But not much of a chance, Keith thought. When Jennifer invited him for dinner, David M. Carmichael was *always* available!

(continued)



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continued

Thursday, April 12, 1979

Keith sat at the kitchen table, thinking about the events of the previous night. Their dinner with David had begun without incident, even though Keith did feel a little more jealous than usual about Jennifer's friendship with David. After all, she had prepared an elaborate meal in his honor. But the trouble began when he asked David to look at the coin he found in the house across the gully.

David mentioned that he thought the coin was an ancient Roman one and offered to show it to an expert for a more accurate identification. David seemed a little uncomfortable handling the coin.

Then Keith left the living room for a moment and when he returned, David had turned positively green. He was still grasping the coin. Jennifer made him lie down on the couch for awhile, but he continued to look very ill. Jennifer thought that it might have been something in her dinner, but Keith wasn't so sure. David had acted so strangely while he was examining that coin.

A mail delivery brought Keith back to the present.

"What's that?" Keith asked.

"Brandied peaches. Your brother loved the ones we gave him for Christmas, so I thought he'd like some more for his birthday in July."

Keith glanced out the kitchen window. Across the gully, a man was using a roller on what would soon become the front lawn at 666 Sunset Brook Lane. As Jennifer lifted jars onto the table, Keith reached into the box and unfolded one of the crumpled sheets of newspaper that had protected the jars on their shipment across the country.

The paper was dated April 4. A prominent headline caught Keith's attention:

SLAYER OF TWO UP FOR PAROLE AFTER FIVE YEARS AT McNEIL ISLAND

Accompanying the article was the photograph of a house that looked strangely familiar.

Keith smoothed out the paper on the table and studied it more closely. The scalloped clapboards looked the same. The gingerbread trim on the porch and eaves seemed very similar. The entryway panels and fan window over the door were just visible in the shadows of the porch roof. The clincher would be if this house had a bay window, like the place across the gully. But the newspaper photo had been taken from an angle where the six-sided room—if there was one—was hidden on the far side of the house.

Keith looked at the caption under the picture. *The house at 666 Bremerton Road, as it appeared just after the murders.*

"Hey, Jennifer!" he said. "Take a look at this!"

She placed a grilled cheese sandwich on the table in front of him. "If you can move that newspaper . . ."

"But see this house in the picture? It looks exactly like the one across the gully. It's even got the same number."

Jennifer stared at the picture for a moment, then glanced out the kitchen window. "I'll have to take your word for it. I haven't been over there yet."

Keith knew she wasn't pleased when he told her he'd entered the unlocked house on his own. Snooping, she called it. He began reading the article.

> Convicted murderer James Beaufort will be granted a hearing by the Parole Board, officials at McNeil Island Federal Penitentiary confirmed today. Beaufort has already served five years of a twenty years to life sentence.
>
> In 1974, he confessed to having brutally murdered Edgar Sutton and Patricia Swenson in the house he had rented for Ms. Swenson's use. At his trial, he testified he had surprised her and Sutton together in the Bremerton Road residence. Convinced that Sutton was trying to talk the girl out of seeing him again, he killed them both in a fit of jealous rage.
>
> In a statement to the press yesterday, Beaufort's attorney recalled his client's years of service on the Seattle City Council. The lawyer added that Beaufort "has behaved himself as a model prisoner and shows every sign of total rehabilitation. Moreover, he deeply regrets the crime of passion that cost two innocent people their lives."
>
> The house at 666 Bremerton Road remained vacant for years, despite attempts to rent it. Then last September, the two-story frame house (continued p. 18)

Keith grabbed the box and dumped all the crushed newspaper out on the floor. Then he sat down and began unfolding the pages, one by one.

"Keith?" Jennifer asked. "What are you doing?"

"There's an interesting article I started," Keith replied. "And I'd like to finish it."

Finally he had all the pages spread out beside him, but no page 18. He picked up the sheets again, scanned them and stuffed them back in the carton. Then he looked at the photograph again.

He couldn't get over it. Sure, old houses sometimes resembled one another. But how often did you find two places with so many similarities?

Then he remembered Tom Greene's sign out in front of the new house. FOR RENT: THOMAS GREENE, REALTOR. Certainly Tom would know who the owner was and where the house had come from. Keith would give him a call.

Friday, April 13, 1979

Jennifer Olson awakened at the first growl of thunder. Ever since she was a little girl, she had been terrified of lightning. And now she could hear a storm approaching. She lay awake, immobilized with fear, wondering how long it would take for Keith to wake up, too. Keith always slept soundly. Jennifer moved against him in the bed. She could feel his back—smooth, warm, muscular. But he didn't even stir. His breathing was long and slow.

Suddenly, in the pre-dawn darkness, a brilliant flash of light shone through their bedroom window. It was followed almost immediately by a loud slam of thunder. That bolt had struck close—too close! But Keith was still sleeping peacefully.

Then there came another searing crash. Because of the new house across the gully, the venetian blinds were down so Jennifer couldn't see where the bolt had struck, but she couldn't stand it any longer.

"Keith," she said, shaking his arm. "Keith, wake up!"

He awoke slowly, just as the rain began pelting against the bedroom window. "Oh, hell . . ." he muttered.

Just then, there was another bright flash and a heavy *wham!* outside the window. Jennifer gasped and hugged him tightly. Keith knew how lightning terrified her, so he turned and put his arms around her. She snuggled against him, burying her face in his neck.

"Keith," she whispered. "That last one sounded like it struck something!"

"Let me go see." His bare feet hit the carpet and he padded to the window.

Keith raised the blinds and saw that the window was spattered with raindrops.

All at once, a bolt of lightning crashed into the chimney of the new house. The clap of thunder resounded in less than a second. Keith winced and automatically stepped back from the window.

"That new house just got struck," he told Jennifer.

"Do you think it'll catch on fire?" she asked.

Keith squinted into the darkness. Lightning repeated in the distance, outlining the house in dim gray light. "I can't say. But if anything is wrong, there's no one living there to notice. I better call the police and have them make sure everything's okay."

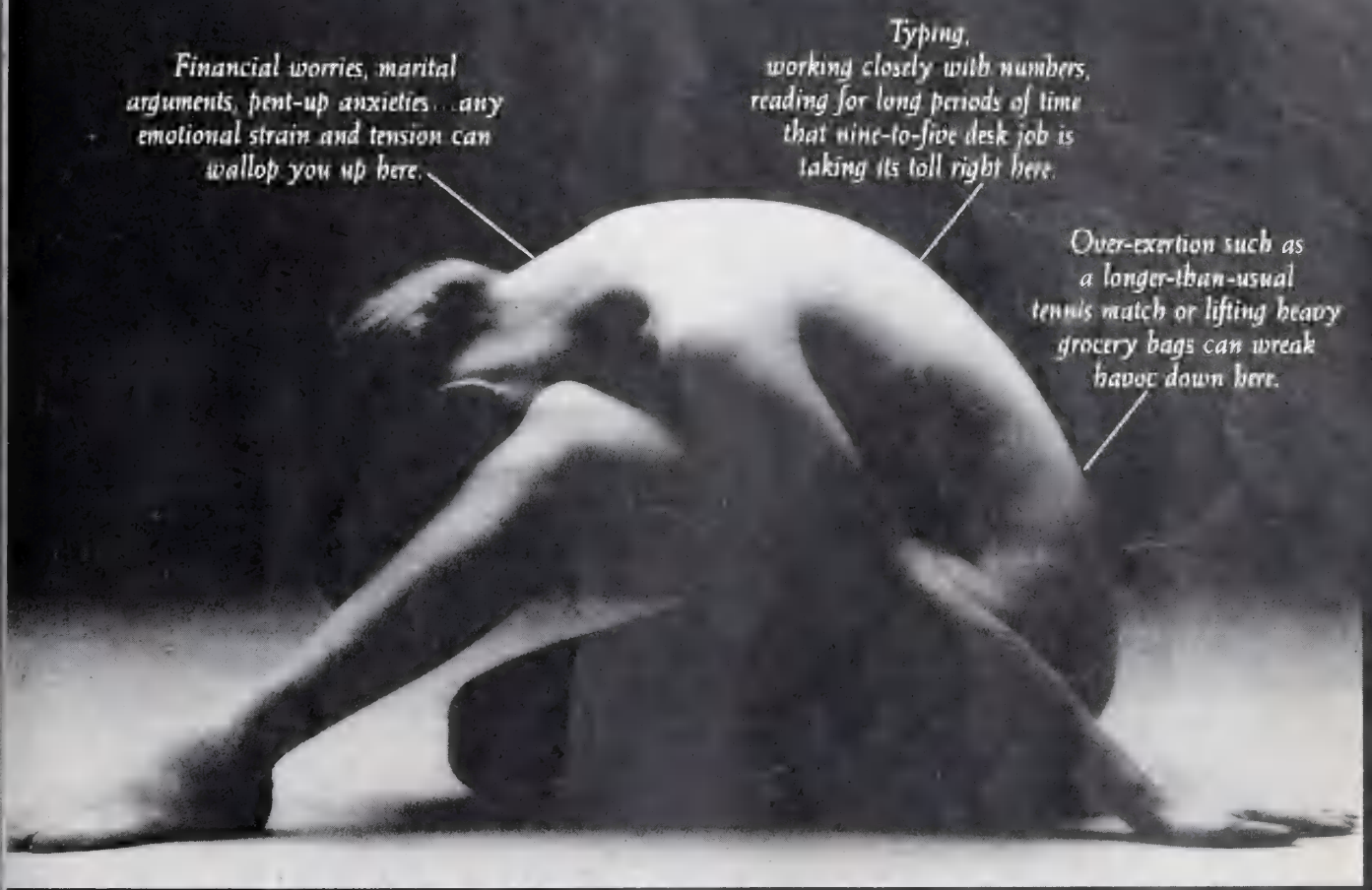
Jennifer switched on the bedside lamp, while Keith pulled on a bathrobe. Suddenly the lamp flickered and dimmed, then came on again. Jennifer blinked in the sudden glare and lifted the receiver of the telephone beside the bed.

"I know the number," Keith told her. "It's seven, nine, two—" But then he saw the puzzled look on his wife's face. She was listening into the earpiece, not bothering to dial.

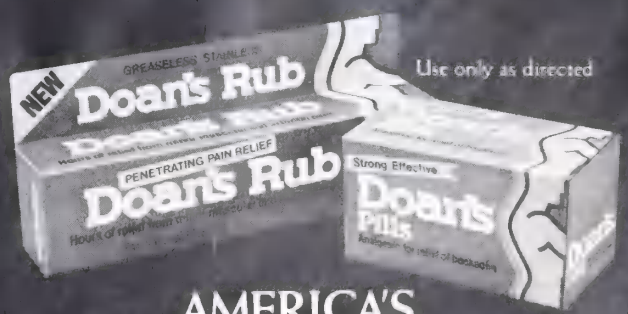
"The phone's not working," she said.

"Let me see." Keith walked around the double bed and took the receiver from her. He listened for a dial tone, but there was no sound at all. He jiggled the buttons on the telephone cradle, but nothing happened. "It's dead," Keith said. "I'll bet there's a power line *(continued)*

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666

continued

down somewhere." Just as he spoke, a brilliant flash of light was reflected on the wall beside him.

He turned just in time to see another bolt strike the chimney of the house across the gully. A shower of blue sparks slid down the side of the roof. Again the explosion of thunder followed instantly.

Lightning wasn't supposed to strike twice in the same place, Keith thought. Yet that chimney had gotten hit twice now, just in the minute or so he'd been watching! Keith could see that the chimney seemed perfectly intact! But then he glimpsed something strange, down on the ground floor . . . .

"Keith!" Jennifer said, worry in her voice. "Come away from the window!"

"Just a minute," he replied. The bedside lamp flickered again, but Keith didn't notice. He was watching a vague crimson light moving behind one of the living room windows.

Then Keith saw the floor of the front porch light up with that same reddish glow. The red light was moving outside! It was between three and four feet in diameter—or at least it seemed to be. He squinted his eyes, trying to see who was carrying the light. And then the glow stopped in the middle of the porch and began pulsing slowly.

Once again, Keith had the creepy sensation that he was being watched. The bedroom lamp was silhouetting him from behind, and anyone standing on the porch at 666 Sunset Brook Lane could probably see him clearly. But still Keith peered through the rain-swept windowpane, trying to see that strange red light a bit more clearly.

"*Keith!*" Jennifer cried.

"Okay, okay." Just as he turned from the window, a thunderous crash erupted on the other side of the house, literally shaking the walls.

"Good Lord," Keith whispered. "That must have struck the roof!"

But Jennifer lifted her head, listening. Suddenly Keith heard it too.

It was the front doorbell, ringing in the vestibule downstairs. And it kept on ringing, as if someone were leaning on it.

"Who would be out at this time of night?" Jennifer whispered. "It must be an emergency!"

They went downstairs together. The doorbell was still ringing when Keith unlocked the front door, but there was no one on the steps. Peering further into the darkness, he saw that a huge tree limb had fallen across the front walk.

"It must have been the maple tree that got struck," he said to Jennifer.

"Then why's the bell ringing?"

"I don't know," Keith admitted. "Maybe the bolt struck the doorbell too, and fused the wires."

"Look!" Jennifer said.

Propped up against the front steps, leaning up against the door jamb, was Keith's old spading fork. The last time he'd seen it was last October, when he'd put it away in the tool rack at the rear of the garage. Now it was wet with rain and balanced on its handle, so that one of its four prongs rested on the doorbell.

"There's your emergency!" Keith laughed. He pushed open the storm door and lifted the spading fork away from the bell. The ringing stopped instantly. "Just some kids," Keith said, "playing a joke."

"In this weather?" Jennifer asked. But Keith was looking down at the front step. Jennifer saw the strange expression on his face. "What's the matter?"

"Nothing." Keith avoided her gaze. "I'm just wondering how anybody could have gotten into the garage. You locked it last night, didn't you?"

Ten minutes later, the storm had passed. The bedside lamp had stopped flickering. But Jennifer placed a flashlight and candles by the bed, just in case. In any event, dawn was now less than two hours away.

Keith switched off the bedroom light and took another look out the window at 666 Sunset Brook Lane. But there was no one on the porch over there. No red light, flickering or otherwise, was burning inside.

Jennifer drifted back to sleep. But for Keith, drowsiness just wouldn't come. First of all, he couldn't figure out why anybody would have taken that spading fork out of their locked garage, in the middle of the night, during a thunderstorm! But what really bothered him was the fork's handle had been wet when he picked it up. That meant that the too had been removed from the garage *afte* it started raining. But whoever walke across the soaking wet grass would hav left damp footprints on the front step But except for the drops trickling off th spading fork, the front step under th overhang had been dry as a bone!

Mornings, Keith usually awoke abou ten or 15 minutes before Jennifer did But this morning, he just couldn't slee at all. The clock read only five forty-fiv when Keith got out of bed, and Jennife didn't even stir.

He put on his blue jeans, work shir and shoes and went downstairs. In th kitchen, he put a pot of coffee on th stove to perk and made himself som fried eggs and toast. He sat down at th kitchen table. Across the gully, the morn ing sun was glinting off the windowpane of the new house. Keith looked up at th chimney. After two direct hits, wh hadn't those bricks sustained an damage?

Keith had almost finished washing u his breakfast dishes when the telephon rang. He ran to answer it. The call woul also ring on the bedroom extension up stairs, and he wanted Jennifer to sleep a long as she could. "Hello?" he said.

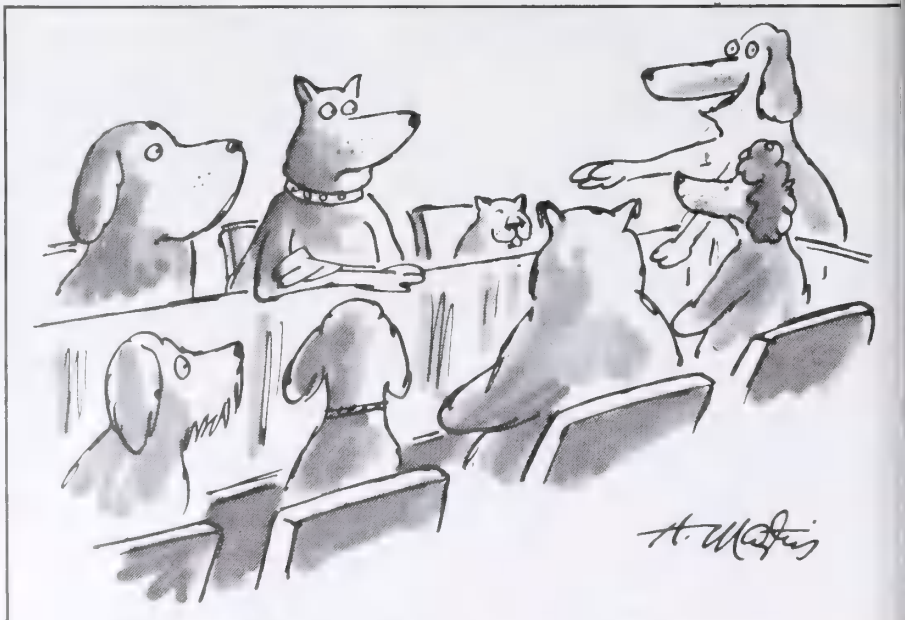
"Mister Olson." It was a deep, reso nant voice that Keith didn't recognize.

"Yes," he replied. "This is Olson speak ing. Who's this?"

"I am Coste." The voice had a strang inflection, or maybe just a hint of a for eign accent. "You like to restore ol houses, I understand."

"That's right," Keith said. "Did Ton Greene mention my name to you?"

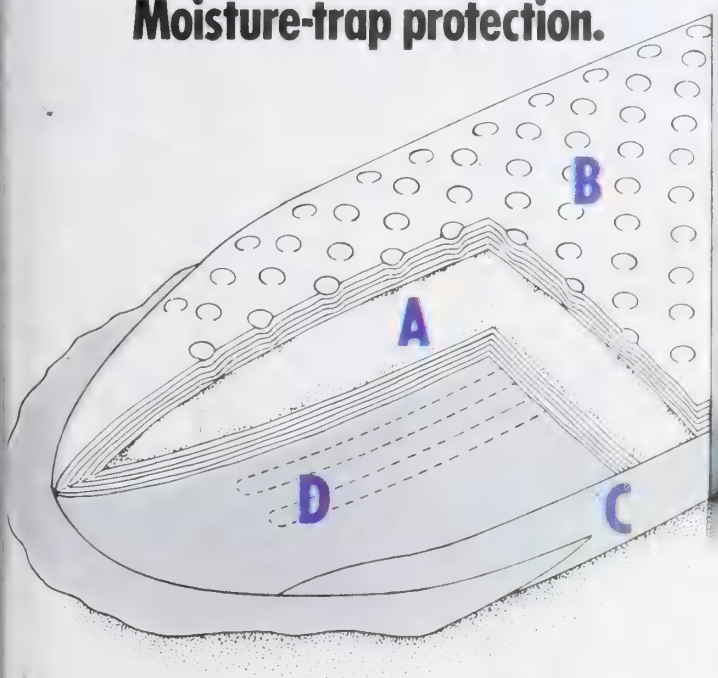
"He did not need to." There was brief pause. "But I believe you can ac complish what I want to see *(continued*



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PLUS MORE, MORE, MORE!

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continued

carried out. You already know my house, the one that lies across the little stream from yours? The outside needs repairs and fresh paint."

"Yes," Keith answered. "I know."

"Yes," the voice replied smoothly. "And since you have already been inside, you know the interior needs repairs also."

Keith was stunned. How did Coste know that he'd been inside the place? It had been empty when he walked in; he was sure of that. Had Coste been somewhere outside, looking through one of those windows?

"As a matter of fact," Keith replied, flustered, "I *did* go into your house. But only because the front door was open. I was hoping to meet you."

"All in good time," the voice said.

"And upstairs in the bathroom," Keith continued, "I found this old coin. A friend of ours says it might be Roman. He's having it identified now—but I'll make sure you get it back."

Keith heard a smooth chuckle on the other end of the line. "You need not trouble yourself on that point," the voice said. "But tell me, how much do you require to prepare the inside rooms for painting and decorating?"

"To tell you the truth," Keith said, "the first time I was in there, I wasn't really paying attention. I'd like to look at your house a second time. And also, just how much would you like me to do?"

"My house has suffered damage in the past," the voice replied with a trace of anger. "I would like you to restore it as if you owned it yourself."

"Okay," Keith answered. "But can I as you something? Is yours the same hous that used to be out in Seattle, Wash ington, on Bremerton Road?"

Again there was a pause. "Of cours you may *ask*," the voice said. "But whe you are ready to inspect the house again you will find the key on the porch."

Tom Greene was right, Keith thought He had told Keith yesterday that Cost didn't like to answer questions. "But ar you sure it's a good idea to leave the ke outside?" Keith asked. "It is pretty quie and rural here, but every so often we ge a carload of teen-agers up from Por Chester or White Plains . . . ."

The voice was irritable and slightly su perior. "*They* would not find the key, assure you!"

Keith realized that Coste was eager t hang up, but he was still curious. "You know, your chimney got struck by light ning last night. But from over here, i doesn't look like there was any damage."

"There never is." It was a weary tone.

"One more thing," Keith said. "Whe I figure out my estimate for the work ove there, how do I reach you? May I have your phone number?"

"I have no direct line where you ca reach me," Coste said mysteriously "Leave your price with Thomas Greene He will call you back with my answer."

Keith was about to say good-bye when he realized that Coste had already hung up. But instead of a dial tone, the phone began to emit a low, growling, unearthly sound. Keith shivered all over, and felt as though a terrible evil presence had just passed through him. Just as suddenly, the sound died.

Keith listened for a moment longer Then, convincing himself that the phone lines must still be having trouble, he shrugged, and hung up the phone. **End**



"Remember, that bill isn't just for shaking a bone at you—it's for knowing which bone to shake."

May 1981

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Lenore Hershey

Editor's Diary

OFFICE OF THE '80s
Is a woman's work environment special?



When the *Journal's* editorial department recently moved from one floor to another, it gave us a chance to rethink the decor of the editor's office. With the support of our Home Editor, Joan Tully, we brought the problem to Celanese, which has long been interested in creating functional but feminine rooms. The result: an environment that's businesslike, welcoming and, most of all, expressive of the fact that it was designed for the chief editor of the top women's magazine. (Who sometimes wears a hat.)

Designer Carol Levy created a color scheme of warm reds, cool greens and splashes of yellow. (All fabrics are 100% Celanese Fortrel Polyester, which makes them durable and easy-care.) The cranberry-tinted carpet is by Cabin Crafts, and adds both quiet and elegance. The sitting area is arranged like a living room, including a sofa for catnaps. The desk is a built-in, surrounded by bookshelves and stowaway cabinets for all the material every editor needs at arm's length. Not shown: A neat little makeup closet, right behind where the editor sits, with stage lighting bulbs for occasional face editing and makeup testing.



Does an office like this make the job easier? Of course it does! If you would like to copy some of the ideas for your own office or living room, you'll find the shopping information on page 135. Or you can write to us for more details.

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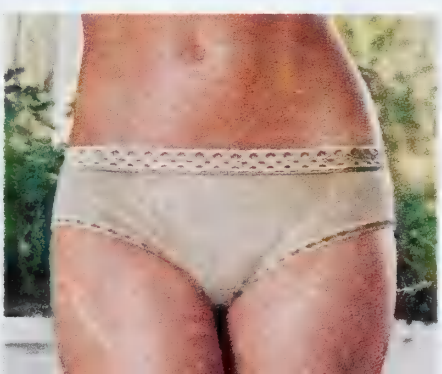


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1981

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Can This Marriage Be Saved?

Alison dreamed of being a stay-home wife with a mate to take care of her, but Alan had lofty expectations of his own. What happens when fantasies don't match realities?

By Dorothy Cameron Disney

"My Husband Let Me Down"

This case is based on information from the files of the Central District Mental Health Center, a nonprofit mental health clinic in Clarksburg, W. Va. The true story reported here is drawn from the counselor's reports of therapy sessions. Names and other details have been changed to conceal identities. The counselor in this case was Earnest Watkins, psychologist.

ALISON'S TURN

"Alan swore he would stick with a diet if I married him, but two weeks after our wedding, he began overeating," said 39-year-old Alison, a diminutive redhead, married for ten months to a hefty electronics engineer. "He also vowed to stay put in his job, where he makes good money, but now he is threatening to quit any day.

"When I met Alan two years ago, I badly wanted stability in my life. I felt Alan was someone who would provide me with emotional and financial security. Now he's broken all his promises. He's really let me down.

"I feel I deserve a man I can depend on. My first marriage, a high school elopement, was an instant casualty. A few years later, my second husband walked out on me with most of our savings. I had no choice but to fend for myself, so I took over the remnants of the small trucking business we had started.

"For eight years, I drove an eighteen-wheel trailer truck from San Francisco to Pittsburgh and back again. I'd make two or sometimes three turnaround, cross-country trips a month. I wouldn't stop except to gas up, check tires and maybe grab a sandwich or a fresh supply of pep pills. I almost never slept.

"During that time, I bought my own truck, earned sixteen hundred dollars a month after taxes and never had an accident. I coped with treacherous fog, rain and snow, disputed deliveries, back pains and leg cramps. It was a brutal existence, but I loved the prestige of being a woman doing a man's job.



"A realist by nature, I knew I couldn't continue forever, however. My stamina was bound to wear out, and big national trucking concerns were squeezing out small competitors like me. So I sold my truck, bought a used car and headed for West Virginia, where I had snared a ladylike job as an insurance agent.

"I was all set to play a new role in life, a feminine role. After years of blue jeans and flannel shirts, I started wearing tailored skirts and silk blouses. I desperately wanted to settle down, so I bought a secondhand trailer on the edge of town. Unfortunately, the place had leaky plumbing and buckled flooring. Worse yet, the mobile park was completely occupied by fly-by-night transients. I had no neighbors for friends, and I soon became isolated and lonely.

"For the first time in my life, I was envious of other women. Every evening at the supermarket, I watched women piling their carts with groceries to feed their families, while I checked out two cans of soup marked 'special,' and a half a loaf of bread. On Sundays, I saw other women going into church arm-in-arm with their husbands as I walked alone to the newsstand to pick up the Sunday paper.

"The night I met Alan in the singles' bar, I was particularly low-spirited. I had begun to hate selling insurance, and my commissions that week didn't cover the cost of my gasoline. I didn't talk to Alan, but I did notice him. He was oversized and looked out of place, the way I felt. He was standing on the edge of a noisy crowd, slowly sipping a diet cola. To my surprise, when the gathering broke up, he asked me for my telephone number, but the minute I supplied it, he disappeared.

"Two days later, he invited me to dinner. Unlike any other guy I'd ever dated, he showed up at my door with a bunch of flowers, saying the pink rosebuds reminded him of me. I was enchanted. While I was arranging the roses, he even rummaged through my tool kit and

(continued on page 14)

Illustration by Baruffi



Oops! Forgot to focus!



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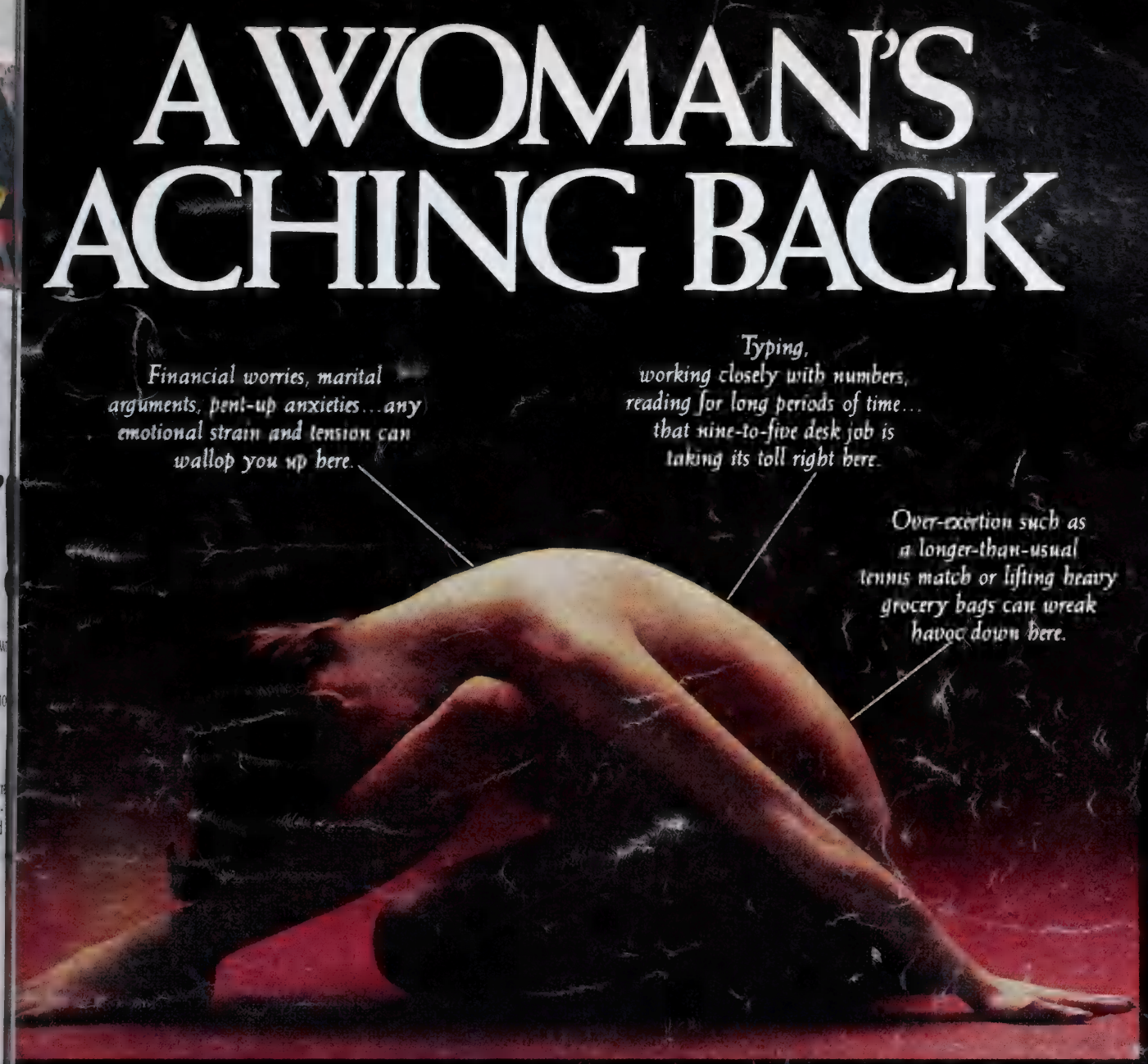
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Can This Marriage Be Saved?

continued from page 11

repaired the leaky faucets. He then took me to the fanciest restaurant in town, ordered me the most expensive meal, and asked for cornflakes and skim milk for himself. He explained that he was on a diet. He had lost sixty-five pounds, which brought his weight under three hundred pounds.

"On our third date he proposed, with no apologies for the haste. I was the wife he had been waiting for, he said. I wasn't about to rush into a third marriage, but I readily agreed we could keep dating. I was flattered by Al's lavish courtship, and I admired how he stuck with his diet.

"To save him from squandering *all* his money on me, I suggested we hunt for a house to replace my wretched lodgings. After several expeditions, I found the home of my dreams: a charming cottage located in a pleasant neighborhood. While the badly rundown cottage wouldn't appeal to everybody, it suited me and met Alan's approval, too.

"At the real estate office that day, I realized I had the money for a substantial down payment, but lacked the credit rating for a mortgage. Although Al had no savings, he had credit. I suggested we buy the cottage together as an investment. He refused—unless we got married.

"I told him frankly that I didn't want an obese husband. He then solemnly promised to stick with his diet until his weight dropped to two hundred and fifty pounds. Indeed, he repeated the vow in front of the minister who married us.

"Soon after the wedding, I gave up selling insurance. I use my ample savings to buy groceries and incidentals, while Al's wages go for home payments and repairs. Al, however, complains that I won't be able to pay my share of the bills. I tell him that's ridiculous. When my nest egg runs low, I'll get a part-time job.

"Besides, I'm more valuable as a stay-home wife. When I prepare Al's meals, I take the time to count calories. With some help from him on weekends, I've been renovating our cottage. I've made friends with our neighbors, and I bake cookies for their child. To tell the truth, I glory in this domesticity.

"Al is spoiling all that. He's begun complaining about his job and insists he needs to move out of town to find another one. I hate the thought of leaving our little cottage, the only home I've ever had. Al also says that his frustration at work prevents him from dieting. At his present weight of three hundred and fifteen pounds, he just doesn't appeal to me. We rarely make love now and, when we do, I don't enjoy it.

"Unless Al is willing to change, I'd rather be single again."

ALAN'S TURN

"I wanted marriage with Alison but thought she cared for me," said 32-yea old Alan, a six-footer with a stomach th crowded the counseling chair. "I certain didn't think she would bug me night an day about losing weight.

"Last night in bed I had a faint hope w might make love, which was dumb of me- for several months our sexual relationshi has been zero. Sure enough, she jerke away and told me to quit jouncing, that I wa breaking the mattress springs. What kind remark is that to make to a husband?

"Before our marriage I kidded myse that Allie would learn to love me. Sh seemed interested in my feelings an welfare. For one thing, she stoppe seeing anyone else. In our small town most guys would be proud to date a attractive woman who represents a bi insurance company, has a downtown o fice and wears knockout clothes. Also she tried to keep me from spendin money on her. No other female I'v dated—and the list is short—was both ered I might go broke.

"Even as a kid I wasn't the famil favorite. My older brothers and siste were straight-A students, and my B ave age outraged my father, who constantl told me I had to win a scholarship or would miss out on college. At every meal my mother told me to curb my appetit and be skinny like my brothers and sister I went right on eating and I alway weighed more than any of the kids a school. I had no friends among them an frankly, I didn't care.

"To my surprise, my father eventuall arranged a scholarship for me at a Kansa college by using his church connections which he'd always said he wouldn't do He told me I could repay him by study ing and getting on the honor roll. I didn' make the honor roll. My mother wrot me a weekly letter and usually enclosed a copy of a diet. I tossed her diet lists and letters in the wastebasket, unread.

"My weight is *my* problem and I ought to be left in peace to solve it in my own way. If I'm harassed, I automatically be- gin to overeat and gain weight. I can't help it. When things are going well in my life and with my job, I am able to eat less. It takes terrific concentration, but I can manage to lose weight when the cir- cumstances are right.

"At the time I met Alison, my working conditions were ideal. I was in charge of my section at the radio station and had no boss to pester me. Then Allie showed interest in me. Naturally I felt so fine I could diet.

"When she finally agreed to get married, she told me about the wedding she had imagined as a little girl. Well, we made her childhood fantasy come true. Alison and I were married standing on a rock in a river.

"For a short while, I was the happiest man around. Then disillusionment hit. Ali- son quit work, saying she *(continued)*



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Can This Marriage Be Saved?

continued

ted selling insurance, a fact she had ver mentioned before.

"At the same time, I ran into trouble th my job. The owner's nephew, a enty-five-year-old kid with no brains, eezed in and told me that his uncle nted him to supervise me. After I told e jerk to get lost, the station owner lled and asked me to be patient.

"Alison gave me the same line. She said couldn't afford to get fired or quit beuse we needed my salary for our house yments. When I pointed out she had it *her* job, she said she was paying her are of expenses from her savings. I'm k and tired of hearing about Alison's vings, which were supposed to cover ergencies. In my opinion, marriage ould be a fifty-fifty proposition. She n't expect me to be pushed around at ork while she stays home and bakes okies that I'm not supposed to touch.

"It's no wonder I can't diet. Unless ison acts like a wife—the kind of wife I ed—I'm ready to say good-bye."

HE COUNSELOR'S TURN

"Alison and Al were so disgusted with arriage I could hardly sort out their ievances in our first interview," the unselor said. "Nevertheless, the fact at they sought professional advice indited a mutual desire to stay together.

"I asked them to come back with a ritten list of their positive assets as a ouple along with the liabilities of being ngle. Alison obliged and confessed that e exercise made her realize that she referred the stability of marriage, even ith an unsatisfactory husband, to the notional emptiness of playing the field.

"I then helped Alison see the reason r the conflict between Al and herself. nce his boyhood, Al has resisted control nd she was a controlling woman. Alough she valued independence for herlf, she was trying to force her ideas on l. While she decided that Al needed a ay-home wife, Al actually wanted a orking wife. He was in love with the amorous woman who sold insurance and e envied Alison's leisure and savings.

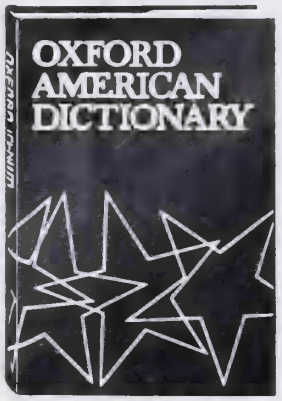
"Al bitterly resented Alison's efforts to ep him on a diet while she served aked goodies to the neighbors. Here he d a point. Alison gave up her baking d found other ways to be neighborly.

"When I reviewed his job history with l, I realized that his trouble with the dio station boss was an old story. In very one of his previous jobs, an argunent with a superior had led to his disharge or angry resignation. His belligrent, chip-on-the-shoulder attitude cred many of his difficulties.

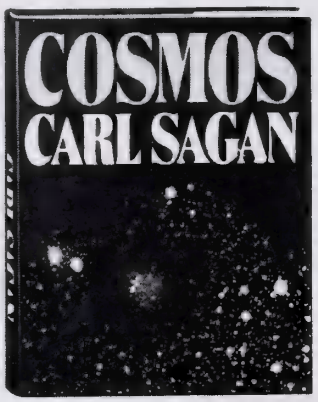
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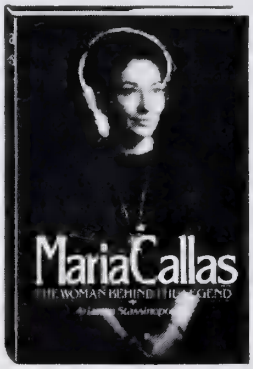
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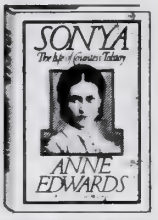
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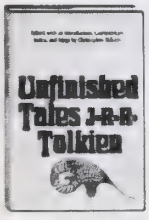
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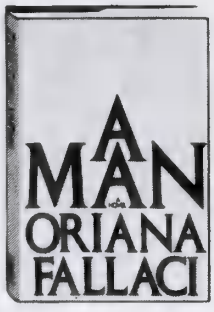
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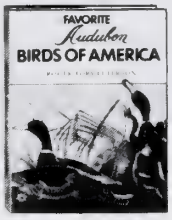
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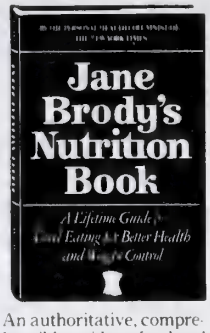
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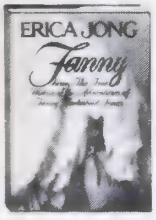
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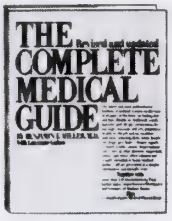
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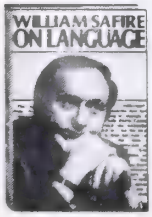
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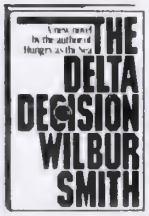
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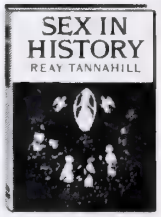
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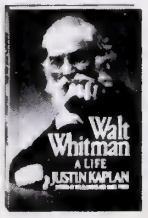
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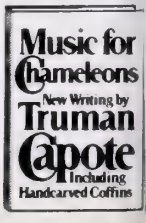
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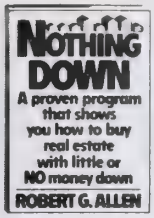


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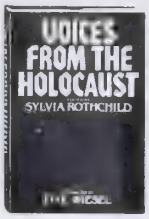
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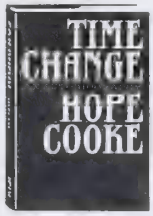
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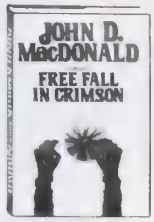
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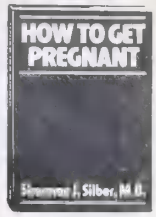
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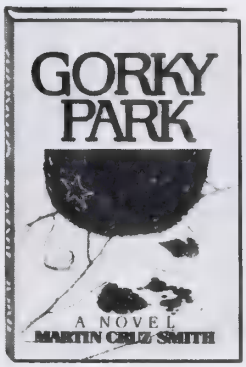
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Pub price $15



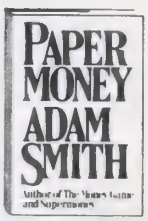
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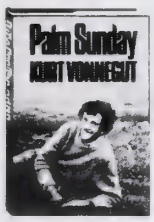
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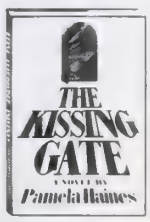
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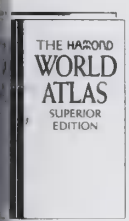
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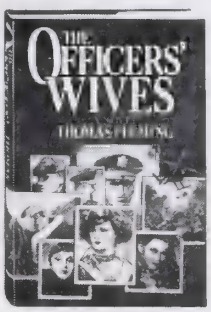
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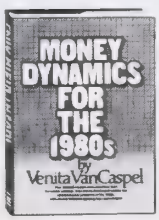
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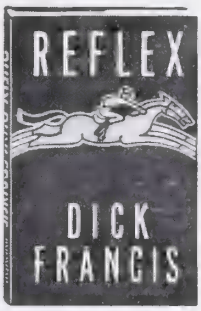
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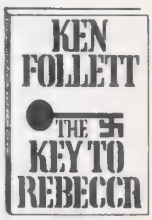
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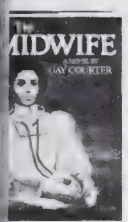
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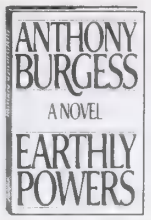
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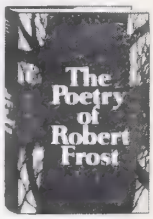
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JACLYN SMITH

LOOKING FOR THE NEXT CHAPTER

After two failed marriages, Jaclyn Smith still yearns for motherhood and love. "I don't want to grow old alone," she says. By Jane Patrick

They've said she's silent and they've said she's cool. Some claim she's very serious, doesn't laugh much or easily, is controlled, contained, mature. Others call her sweet, naive and innocent. They've characterized her as the Old-fashioned Girl, a vestigial remain of the Victorian ideal, an oasis of purity. For six years she's been one of Charlie's Angels, a super star battling the pressures of show business and the heartbreak of a crumbling marriage. Now the series is ending, the marriage is over. Jaclyn Smith is 33 and, at 33, you begin to know that choices made are chances gone; that one dream achieved is another lost.

"All I ever wanted was to get married and have babies." She has said it over and over again. And yet here she is, twice married, twice divorced—her name again linked in the gossip columns with David Niven Jr., and most recently Tony Richmond, a 38-year-old English cameraman.

Torn between romantic dreams and an often harsh reality, Jaclyn Smith is a study in contradiction—she is a woman who wants to gain strength on her own, yet openly yearns for husband, home and security. She is a woman ruled by her heart—a path that has, until now, taken her from one disastrous relationship to another.

And the future? Again the battle within her is visible. She speaks of isolating herself, of avoiding superficial romance, of the need to wait and understand herself. In the next breath, she is head-over-heels again, going "steady" at age 33 with Richmond. "We love each other," she says. "But we can't make a decision on marriage until my divorce from Dennis Cole is final in July."

But if dreams of husband and child are understandably never far from Jaclyn's thoughts, her precipitous rush into another relationship is, in some way, alarming. Only days before, she had spoken cautiously, thoughtfully. "I think I am going to be wise and intellectualize the next relationship and not let my heart be the only judge.

"I don't want a lot of relationships on a superficial level. I'm going slow. I'm being more careful. I don't want to make another mistake. . . .

"I grew up believing all you had to do was love the person and it would work out. But that's not true. Love isn't always the answer and love doesn't always work."

Marriage was never so much a dream with Jaclyn as an expectation. And in her first two marriages the expectation was cruelly crushed. When she wed actor Roger Davis at age 22, she imagined a world of white picket fences and roses, of commitment and fidelity, of little children *(continued)*



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JACLYN SMITH

continued

and a happy home. In reality, they had been out together on only two dates before he proposed and she accepted; they had different goals and different desires. That marriage ended after four years. Her second marriage to actor Dennis Cole began in a flurry of romantic, candlelit suppers, poetry and roses, and disintegrated less than two years later.

Now, in her desperate search for love and security, will she plunge into yet another mistaken marriage?

Jaclyn continues, clearly puzzled, almost frightened by her past mistakes. "I've been wrong two times and a marriage and family are all I ever wanted. . . . All these people with wild lifestyles—they make a go of their marriages. But me . . ." Her voice drops. "I don't understand it."

At times Jaclyn seems almost rudderless—at a turning point in her career and personal life, but without a clear idea of where she's going or how she can learn from her past.

After *Charlie's Angels* will her success continue? Will she return to the world of commercials and product promotions? Can she recover a sense of equilibrium? Clearly, the last few years have shaken her—the boredom and now the termination of her TV series, the death of an adored grandfather, the failure of her marriage to Dennis Cole, the dashing of a dream—all have taken a toll.

"I thought my marriage to Dennis Cole was forever. When we separated it was one of the most desperate times in my life. At the beginning, when we were still together and trying to make a go of it, I kept denying that it wasn't going to work. I went months trying to pull it together. But then, at my first realization that it might not work . . . that was the greatest pain, that moment. It was like my heart was just cracking in two. I'd go to work and I'd fight back the tears and I'd wonder, *Why, why, why, why can't it be?*"

Her "why's" reach a crescendo that hits a plaintive note on the very last one. A second's silence, then she is matter of fact: "But you know, that pain was much better than the aftermath. I could deal with it and with everything that was going on inside. But the aftermath was . . . nothing. I felt an emptiness, a sense of loss, a real loneliness about where I was in my life."

She leans back and with that movement bits of angora from her violet sweater float up toward her long eyelashes. She bats them away. We laugh and then she grows serious. "The loss of my grandfather was the only other time I was so devastated. But that I could understand. I could say, 'Yes, I know why I feel this way. I've lost the most important person in my life.' Everyone told me that time would make it better. But it hasn't. I miss him even more today because I can't touch him, I can't talk to him and if I even think of him, I start crying." Tears well; a smile follows a split second later. "The end of my marriage, adjusting to it all . . . that's okay now. I don't feel that emptiness anymore."

But at the time, her despair affected Jaclyn at work and at home, physically as well as emotionally.

"It was all too much for me," she says softly. "First my thyroid started acting up. Then I began hyperventilating on the set. But I couldn't let anyone see it; I held it all in. It felt awful. I can't really describe it, but it felt just awful."

As she has in the past, Jaclyn sought help in the support system of her childhood. The daughter of a Houston dentist, she has always been extremely close to her family. "The only thing I knew to do was to call my mother. 'Something's wrong with me,' I said to her. 'What am I to do?'

"She was so unused to dealing with something wrong with me that all she could tell me was, 'Get hold of yourself.'

"'But I can't,' I said."

Of course she couldn't. Without a family to build, without a husband to love, the reliable certainties of her life were now gone. When Dennis was with her, it hadn't mattered that the challenge of *Charlie's Angels* had evaporated with time. She could, like many other women, invest all of her emotional life in her husband, making her marriage compensate for the emptiness of her job. But with Dennis gone—and with him her dreams and expectations—how could she feel anything but empty? There was nothing left in her life she could count on—except herself.

Back to old routine

Jaclyn threw herself back into the routine of her TV series again: up at five A.M., ten hours on the set, home again for a few hours to read or catch up before it was time for bed. It was her only quiet period, away from people and the constant hubbub that surrounded her. She treasured solitude, but gradually it began to look more like isolation, and the brick walkway and poplar trees that surround Tara, her restored Colonial home, became a moat, protecting her from the outside world—and from the demands of her fans.

"I never expected it to be this way when I thought of success. It's hard to go out now, especially when I don't have anyone with me. Even when I'm with someone though, people still come up to me. I like to talk to my fans, it's true. They tell me they enjoy my work, we chat, it's nice.. Sometimes. And sometimes it's awful. I remember once Dennis and I were having dinner. We were talking, trying to hold our marriage together. It was a life or death *(continued)*



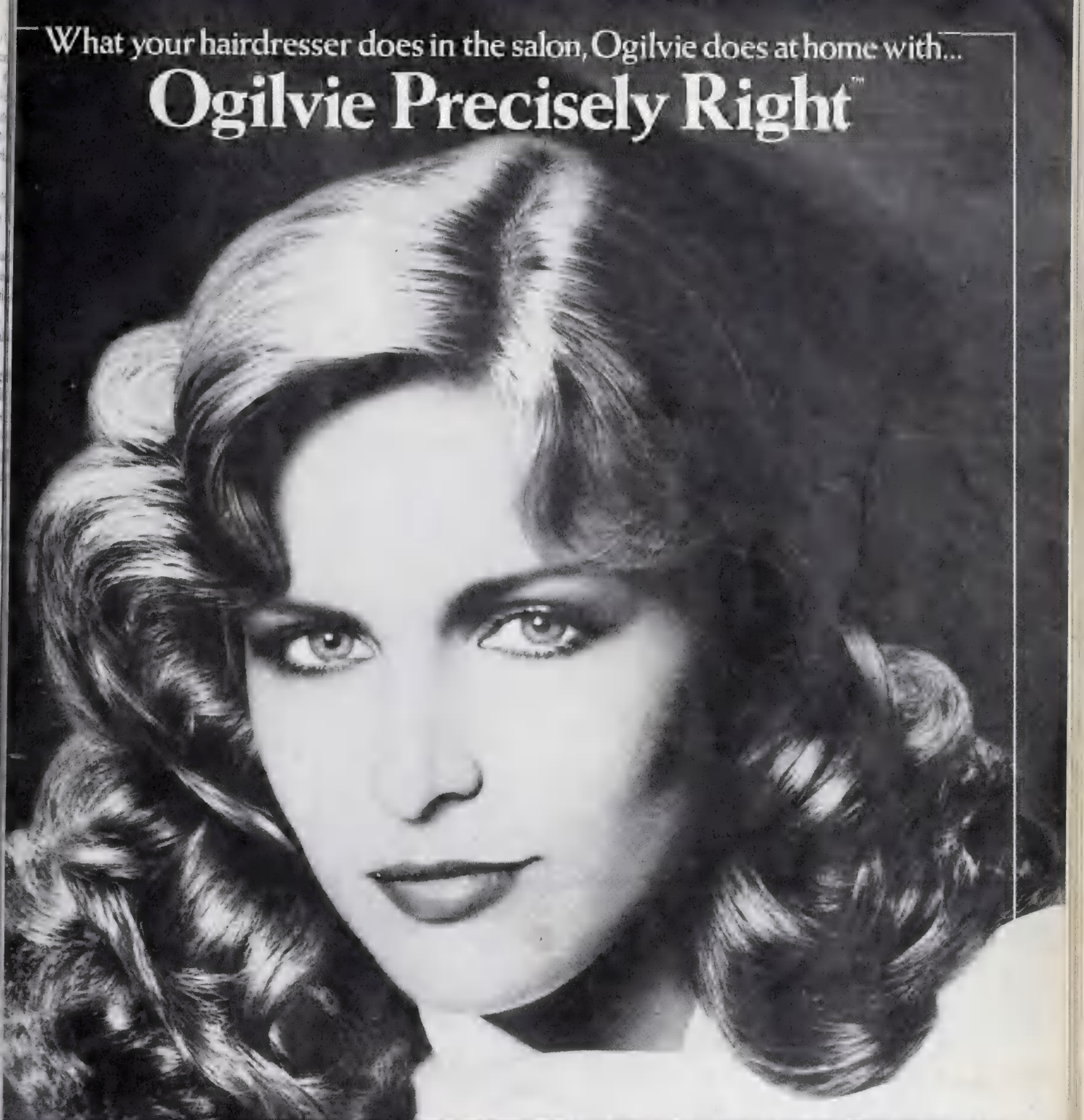
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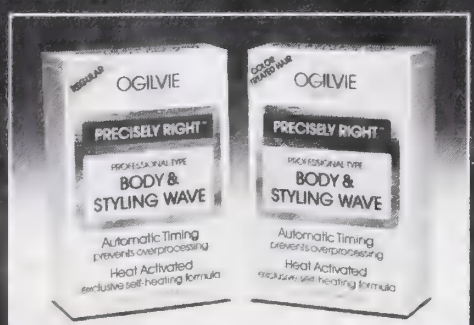
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JACLYN SMITH

continued

situation and fans kept coming up and interrupting us. It was so frustrating." Her voice is tinged with anger. And then, abruptly, it's soft again. "But really, it's not their fault. They didn't know what we were talking about."

That flip from justifiable anger to soft understanding is the emotional genesis of her isolation. It is a hallmark of Jaclyn Smith's personality that something that other stars deal with so easily—with a frosty smile, a don't-touch-me demeanor—is absolutely impossible for her. Even as she is frustrated and annoyed at the constant demands of her fans, she also has a very real need to satisfy them. It is her impeccable niceness, her inherent caring for the other person, any other person, that makes the problem. And the only way she knows to solve it is by denying herself.

It's a real conflict for her, particularly because it doesn't end even when she's home. There, the fans stand in the driveway, waiting sometimes for hours for her to appear, to sign an autograph, to pose for a snapshot. "I've been brought up to believe 'Gee, they're waiting out there. I should go out and sign the autographs or give some pictures.' I *can't* drive by them and say 'No.' It would hurt me to do that to somebody. But at the same time, I have my own life to live. I have things to do and only a certain number of hours in which to do them. I don't know wh draw the line between them and keep vacillating: go out, don't go stop, drive on by. I just can't mak decision to be rude. So I end up st at home and, yes, isolating myself.

"I don't have a lot of close friends never wanted that. Even when I little girl I only wanted one or two friends. It's never been easy for open up real quickly to people. No even harder. I have to get a feeling someone, a gut reaction that something there before I will put m out to cultivate the friendship. An don't get it, if there's nothing there, I don't want to waste my time."

It's obvious that Jaclyn no longer people as readily as she once did each time she visits her family, her ing for close ties and a happy mar are poignantly highlighted.

"I go home and I see my brother sister-in-law and their three bea children. And my mother and D Everything seems so uncompli there. So easy.

"I hope I'll marry again. I look a parents and see how they're enj each other. It's so wonderful to see together. Sure they had problems a beginning. Everybody does. But really are best friends now. I want th want to be taken care of. I want to up to somebody. I don't want to grow alone.

"But I'm frightened. I don't wa make any more mistakes. And I'm paranoid about my judgment now. . . . when you're in love that al seems to be the bottom line."

Real bottom line: children

For Jaclyn Smith, though, the real tom line is children: having babies, ing a family, watching them grow enjoying with them the same warm wonderful relationship she has with mother. For a long time she's toyed the idea of adopting a child. "I've alr talked it over with my parents and v really thinking about it. I love chil and I'm really good with them. Ba Really what I want is a baby." Her v come fast with excitement. "Just a l There's this place, the Edna Gla Foundation in Fort Worth. Gosh—" giggles. "—Daddy would love m adopt a Texas baby."

We laugh. Maybe Daddy would l Texan, but Daddy isn't adopting baby; Jaclyn is. And if she seems so what flippant, maybe it's because knows only too well how small are chances of finding a baby to adopt. A tion is commonplace; keeping your c is in vogue. Adoption centers have babies and those they do have are g to stable, two-parent homes, somet that Jaclyn right now couldn't provid any child. "I know my lifestyle migh be appealing but . . ." *(contin*

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JACLYN SMITH

continued

ere are buts: Jaclyn could adopt a minority baby. She l adopt a handicapped baby. Or she could go outside the and adopt a black market baby.

she could have her own. But first, unless she decides to a baby out of wedlock, she must really examine where her onal life is going. Does she plan to rush from divorce to iage, or should she take the time to know herself—to find gth in herself—before rushing headlong into another n?

some ways, it is possible that she may be allowing herself pressured. The biological clock *is* ticking on. She wants ren desperately, but she should realize that, at 33, she still ime for both a stable marriage and motherhood—as long as doesn't ricochet from relationship to relationship.

clyn is a woman for whom any kind of decision-making es hard. She knows that and hates it. But thus far, she says, really not sorry for the things that I've done and the ces that I've made. Yes, I wish some things could have ed out differently. My life's not been perfect but then, no is. Everybody has their own set of problems. And—" a thought comes, "—maybe we are given in life those blems we are most able to cope with. Maybe we're given exactly what we can handle." **End**

Can This Marriage Be Saved?

continued from page 17

Eventually, he admitted that there was a pattern. However, ontinued to argue that people were always 'trying to get best of him,' starting way back with his brothers and sister. en I asked, he was unable to produce any example of a rnal conspiracy, but I reasoned that because he was the y, his elder siblings may have ignored him while they ed with older youngsters. This could have helped him lop a sense of injury and suspiciousness.

Super-sensitive and self-centered, Al craved the all-out ap- al of other people while at the same time he alienated n. His deeply entrenched habit of overeating probably ted as a childish wish to win attention and stir up trouble his mother. An accomplished injustice-collector, Al was by the inevitable rebuffs that came his way.

He greatly valued Alison's companionship, but as soon as unpacked in the cottage he automatically suspected his le would cheat him of his rights. When she quit the rance job, his suspicions multiplied.

During our counseling, Alison came to understand Al's ound line of reasoning and made a wise move. She took a as an executive secretary and made no more withdrawals n her savings, although the new regime sadly interfered n her work on the cottage.

Pleased by the change but still competitive, Al found a rday job, which further slowed the renovation. He uses his a earnings to drive around the state job-hunting. Nothing convince Al that he will ever learn to get along with the s at the radio station. Alison doesn't even try.

Nor does she try to count calories or suggest diets. Al- ugh he still indulges himself, she believes he is eating htly less and that his weight has stabilized. According to son, they make love more frequently.

At the time we concluded our counseling sessions, Alison l Al agreed to try their rocky marriage at least six months re. Alison still keeps in touch regularly by phone. Recently reported that Al had installed a Franklin stove while she g new draperies, and they hoped to invite me to a house- rming party soon. This struck me as a good omen." **End**



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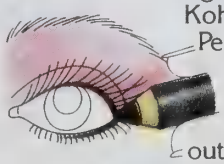


Shown here, just on of the many appealing daytime looks you can ge with Aziza. We've a whole together makeup collecti —designed to give you foolproof options for day. And for night too (see opposite).



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oval of palest shade at
ıter of browbone. Apply
dium shade from lashline
›row, from inside corner
middle of eye. Darkest shade goes on lid from middle to outside corner—extend color beyond eye.



2. Add smoldering Black Kohl Liner Pencil. Rim eye, continue line beyond outer corner.

3. Make a big flutter with our Extra-Length Black Mascara. Use two coats, emphasizing outer lashes.



4. For subtle sculpting and blushing, sweep Bronze Wine Natural Lustre Blush from below cheekbone upward. Trace along hairline. Add a touch on tip of chin.



5. Shape a plum-luscious mouth with our Plum Wine Lip Coloring Pencil. Fill in with shiniest Plum Wine Lip Gloss with Conditioners.



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IT'S NOT EASY TO BE A WOMAN TODAY!

"Why I Finally Put My Mother in a Nursing Home"

By Berit Scott

The setting sun sends a faint beam of light into the dimly lit room and falls across my mother's bed. I notice her lap robe has slipped again, so I tuck it securely around her hips and take her thin hand in mine. For the past half hour I have been chattering away, telling her news about the family and how I spent my week. I don't know if she understands a word I say, but the doctors at the nursing home urge me to talk this way.

I ask her softly if there is anything she needs and she does not respond. Nothing seems to penetrate her wide-eyed, unseeing stare. Her gnarled fingers nervously pick and twist at some invisible object on her tray. I brush from her eyes a strand of white hair, then trace the deep lines around her toothless mouth. She is barely breathing.

It's time to go home and cook dinner for my family. As I reach for my purse, she leans her head near my face and closes her eyes. This is the first time in months she has made such a gesture of closeness and I am startled. Awkwardly patting her shoulder, I take her hand once more and swallow hard before I can speak. "I'll be back soon. . .in a few days," I say, kissing her forehead. "I love you, Mother. I love you very much and I miss you every day."

As I escape outside to my car, I fight back the tears. Why can't I convince myself this is all for her own good? At the nursing home she receives the expert care her frail condition requires. So why do I continue to wonder whether there wasn't some answer other than putting her there?

She's become so helpless now

I still can't accept how helpless she's become. I remember when I was a girl of 12, and my father needed to be hospitalized for some months. Single-handedly she maintained the small tenant farm she and Dad managed together. Though she was up before dawn to milk the cows, she never neglected to bake cookies or some treat for my three brothers and me. At night, before I went to sleep, she always found the time to braid my hair and read me a bedtime story before tucking me in.

Both my parents devoted their lives to raising and providing for their family. After 60 years of hard work they were forced to retire when my father became ill again and had to reenter the hospital in 1977. Reluctantly they admitted they needed help. Though they dreaded being "put away," my parents asked the family if we wanted them to move into a nursing home.

No, no, my brothers and I answered reassuringly. We would take care of them. But one brother lived too far away and another was too busy and the third felt too estranged from the family circle to offer assistance. Finally I decided to take charge. After discussing the situation with my own family and my brothers, I arranged to have Mother and Dad live in my house once he left the hospital. My husband and I converted a room in our large household into a hospital care unit.

I was sure I would have the time and energy to give my parents the care and attention they needed. I was young, strong and *(continued)*

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It's Not Easy

continued

healthy. My part-time job schedule was flexible, and only two of my five children still lived at home; the older ones were off at college or pursuing careers.

Also, everyone around me offered more than just sympathy. My husband, my mother and my children pitched in to help take care of Dad. Co-workers and friends tenderly gave advice, and we hired professional nurses to visit the house on a regular basis. My brothers and their wives rallied too, and I felt part of a close-knit family again. My father's life ended peacefully among the people he loved.

After the funeral, though, more decisions had to be made. My mother was still in good health, but her mind was beginning to fail her. Since she was accustomed to living in my home, I felt she should stay with us. My husband had no objection and my brothers agreed.

Then my mother changed

At the time, this seemed like the perfect solution, but I hadn't bargained on how my mother would change. Now that she no longer had Dad to care for, she began to rely more and more on me. Not only were her physical needs more demanding, so were her emotional ones. She was plain lonely. Meanwhile, I was trying to hold down my job and run a household, too. I had a husband and two growing teen-agers to think of. I constantly felt caught in the middle of my three roles as a mother, wife and daughter.

Each day I ran errands for my mother, bathed her and fed her, then felt guilty if I didn't read to her in the afternoon. Meanwhile, the children complained that the only time I spoke to them was when their grades dropped—and my husband said all I ever talked about was Mother. He began to come home later and later each night until we hardly had a moment alone together. We were like strangers sharing the same bed.

After a year and a half I knew something had to change. What had been a warm, loving household and marriage was coming apart before my eyes. Yet what could I do? My brothers simply took it for granted that I had assumed responsibility for Mother's well-being, and contributed less and less of their time. I couldn't abandon my mother but neither could I neglect the pressing needs of my own family anymore.

Ultimately the matter was taken out of my hands. My mother suffered a massive heart attack and had to stay in the hospital for several months. When she was well enough to leave, her doctors recommended that she be admitted to a nursing home where she could receive professional, round-the-clock supervision.

I agonized day and night over the decision to place her in such an institution. I consulted with my minister, the hospital staff and family counselors. My brothers and their wives offered their advice as did my friends and immediate family. They all agreed that I had done everything humanly possible to ensure my mother's well-being. Now the time had come, they said, to think of myself and my own family.

Finally I agreed. We placed her in a very clean, well-run facility near my home, where I was able to visit her regularly. Then I put my energy into maintaining my part-time job, and rebuilding my relationship with my husband and children. Still, I felt I had failed my mother, even though I knew this was the best decision for all of us.

Unfortunately, right from the start, she refused to adjust to the daily routine of the nursing home, and was upset about sharing a room with a stranger. Periodically she lashed out at the attendants in fits of anger and sometimes had to be physically restrained. Each time I visited her, I made an effort to be cheerful and encouraging.

Her physical condition has deteriorated drastically in the past six months. The medication makes her listless and subdued, and sometimes she can't even muster the energy to get out of bed. The fastidious woman I have known all my life has now become slovenly in her personal habits. Though she receives constant care from the nurses and attendants, her clothes have the faint odor of urine. She has totally shut herself off from her pain and unfamiliar surroundings, and disappeared into a world of her own. She doesn't have the strength to fight anymore.

Of course, I visit her as often as I can, and some days she is better than others, but I can't banish my guilt. There are many nights when I imagine she is calling me from her old room across the hall. Her clothes are still in the closet where she left them. An old photograph of her and my father, when they were much younger, still sits on her dresser. Good-bye, Mother. I love you so. **End**

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay $250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed if possible, and should be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box INE, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts, but we will make every effort to see that your manuscript is returned to you.



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Keep Smiling: LHJ's Complete Guide to Preventive Dental Care



Yes, you and your children brush your teeth faithfully . . . but there's more to maintaining healthy teeth than keeping them clean. Herewith, an eye-opening update.

By Gael MacDonald Wood

Not so long ago, most of us cringed at the very thought of going to the dentist. Now, however, even the most extensive dental work is virtually pain-free—and the results are more attractive and durable than ever before. Better still, recent findings about cavity prevention mean that those once-dreaded drillings and fillings can occur less often than they used to. To help you get the most out of what's new (and to remind you of some long-standing good advice) the *Journal* asked leading experts a host of crucial questions. Herewith, their answers:

FINDING A GOOD DENTIST

Since satisfied patients are the best indication of a dentist's overall performance, ask your neighbors and friends to recommend a good dental practitioner. Your doctor, pharmacist or local dental society can probably also provide suggestions.

Once you've made your choice, the next step is an introductory appointment. "Ideally, the first visit should be of an exploratory nature and not one devoted to a major dental problem," says Dr. Stanley J. Behrman, Attending Oral Surgeon In Charge at the New York Hospital-Cornell Medical Center. "Dentistry is very intimate work, and it is important to find a dentist you can communicate with, someone who treats people, not just teeth."

During the first visit, your doctor will probably want information about your medical history and do a preliminary examination. Discuss any medical problems or conditions you or family members have, ranging from asthma, hypertension and heart disease to diabetes, cancer or hepatitis. Are you allergic to certain drugs, especially antibiotics and anesthesias? Do you take medications—including aspirin and birth control pills—on a regular basis? Are you a smoker, drinker, cola addict or gum chewer?

For your part, make sure you discuss the doctor's views on dental care and tooth repair. What will certain procedures cost and is a payment plan available? Your dentist can also help you determine how often you should be examined.

You ought to ask your former dentist to forward your records and X rays to your new doctor. Most practitioners will do this as a professional courtesy, although you may be charged a small fee. If a full set of X rays were done recently, you may not need a new one. Most experts, however, advise patients to have a full series taken every two to five years, and annual X rays of upper and lower back teeth, because that's where most of the decay starts.

One of the procedures your dentist will probably prescribe is a professional cleaning to remove tartar and plaque, which cannot be totally controlled by daily home care. Most experts advise having teeth cleaned and polished professionally at least twice a year.

If you have any doubts about a treatment recommended by your dentist, don't hesitate to get a second opinion. "Keep in mind that there are different grades of dentistry," advises Dr. Behrman. "One procedure may solve the problem but not be as aesthetically pleasing as a more expensive procedure."

What if you think your dentist has damaged your teeth or a treatment has been badly done? Most local dental societies have grievance committees that *(continued)*

Eye Writing Duos

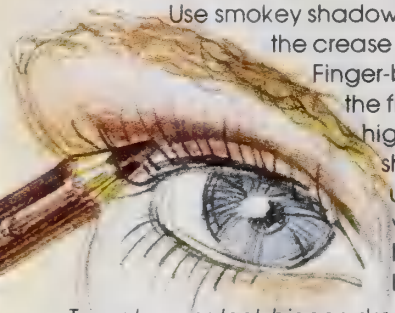
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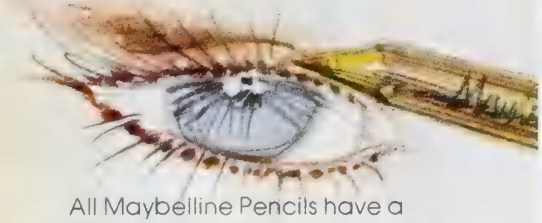
Use smokey shadow up to the crease line.

Finger-blend the frosty highlight shade up to your brow-bone.



To make eyes look bigger, draw a line at the very base of your lashes, using smokey color with a sharp point.

To light up your eyes: line the inside of your lower lid with the frosty shade.



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Keep Smiling

continued

review such cases. If the decision is in your favor, chances are your money will be refunded or the work will be redone.

HOW TO PREVENT CAVITIES. Tooth decay is usually the result of the combined effects of certain bacteria in the mouth, your diet and eating habits, and how strong and healthy your teeth are. What causes cavities is **dental plaque,** a transparent film that clings to teeth and contains harmful bacteria. Acids produced by these bacteria dissolve tooth enamel and begin the tooth's breakdown.

Good dental hygiene is the best way to control plaque and prevent tooth decay. Plaque-free teeth do not decay. Use a soft, nylon brush and clean your teeth twice daily. Aim your toothbrush at a 45-degree angle to the gums and apply only moderate pressure to avoid wearing away tooth enamel. The standard "up and down" brushing technique is largely obsolete. Use small circular or back and forth motions to clean each tooth and the surrounding area. Then, at least once a day, use unwaxed dental floss to clean around each tooth, especially between the gum and the tooth. Finally, finish up with a fluoride mouth rinse.

WHEN SHOULD A CHILD FIRST SEE A DENTIST? The best time for your child's initial visit is when all 20 of the primary teeth have grown in, normally between ages two and three. You may have to schedule a checkup earlier, however, if you suspect a problem. Preferably, your child's first trip to the dentist should not be for an emergency.

Choose your child's dentist carefully. Ask your family doctor, pediatrician, friends or your own dentist to recommend someone who enjoys working with children. Most general dentists are quite able to handle children. If you think your child may have problems, you may want to see a pediatric dentist, known as a **pedodontist.**

In his book, *Your Child's Teeth*, Dr. Stephen J. Moss, Chairman of the Department of Dentistry for Children at New York University College of Dentistry, suggests you make your child's first visit an adventure. "I'm taking you to the dentist today," you can explain. "He's going to count your teeth and tell you how to take care of them. You'll even get to sit in his special chair!" When you accompany your child into the dental office, stand outside your child's vision so you don't interfere with the dentist's personal rapport with the little patient.

DOES FLUORIDE REALLY HELP PREVENT CAVITIES? The answer is a resounding yes! Studies have shown that areas with fluoridated water have been able to reduce dental disease in children by 50 to 75 percent. When adequate fluoride is present, it is incorporated in the enamel of developing teeth, maki them more resistent to decay.

Fluoride is good for adult teeth, t True, it's too late for the chemical to incorporated into the tooth enamel, h fluoride still offers surface protection prevent decay by controlling the effects harmful bacteria, healing small caviti that have already started (remineraliz tion) and retarding plaque activity sponsible for most adult gum disease.

The more fluoride, the more prote tion! **Topical applications** can be made the dentist's office by applying fluorid around the surface of your teeth. In add tion, Dr. Moss recommends that all fa ilies use a toothpaste, dental floss a mouthwash that all contain fluorid Choose products approved by the Ame ican Dental Association Council on De tal Therapeutics. Also, to find o whether your local water supply, or yo child's school's, is fluoridated, call yo water department, dental society or pu lic health agency.

Sealing off your teeth from deca While fluoride works mainly to prote the smooth surfaces of teeth from deca painting the biting surfaces with **plast sealant** literally seals off the nooks a crannies from cavity-causing bacteri Most children as well as adults wou probably benefit from having both sealan and fluoride painted on the teeth.

How diet affects teeth. The latest stu ies show that though diet is importan the main impact of food is local, while is in direct contact with your teeth durin and after chewing. For example, foo containing sugar cause bacteria to pr duce enamel-destroying acid almost im mediately, and this acid remains active i the mouth for at least 20 minutes. Eatin three times a day means a 60-minut acid bath for your teeth. If you're lik most of us, you eat more often. There fore, your teeth can be exposed to harm ful bacteria acids for as much as sever hours each day. Since just about ever food contains some sugar or carboh drate, limiting the frequency of eating i more practical than trying to eliminat sugar altogether from your diet.

Still, certain foods are more harmful t teeth than others. Anything sweet an sticky, like raisins and pastries, is pa ticularly ruinous. Some people carr toothpaste and a toothbrush in thei purse. If you can't brush, eat fruit or green salad, or swish water around you mouth to take away some of the sugar.

NEW DENTAL TECHNIQUES TO KNOW ABOUT. The latest in denta equipment makes having dental wor done more painless than ever before. Fil ling cavities is the most common toot repair, and drilling into the tooth is nec essary to clean out the decay. **New high speed drills** that use water to cut dow on friction are considerably less pain

(continued on page 128)



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WOMEN TAKING STOCK IN AMERICA

By now, most of us have come to terms with inflation. It appears to be here to stay . . . but this is no call for despair. Managing your money wisely and making smart, up-to-the-minute investment decisions are sure salves for the pangs of "hard times." Here, in our annual investment guide, we give you the tips, the know-how and the confidence to send your financial savvy soaring.

MONEY TALK: DON'T LET IT LEAVE YOU SPEECHLESS

Do you get flustered when conversations turn financial? Do brokers and bankers leave you feeling confused? Business babble isn't as scary as it sounds . . . if you learn to speak the language. By Richard Greene

You're sipping a martini at a cocktail party in the middle of an animated conversation. At least, everyone else is animated. You find yourself nodding enthusiastically, but your eyes begin to glaze over. "Blah blah . . . Laffer curve," you hear. "Blah blah . . . bracket creep . . . blah blah . . . prime rate." Sigh. Remember when folks used to talk about jogging and pollution? Nowadays if you don't understand the buzz words of business babble, you might as well stay home and watch TV.

But money talk shouldn't be threatening. After all, you didn't always know how to balance your checkbook or drive a car. With this economic primer, you'll soon be orating with the best of them.

A is for Anti-trust: It might be okay in the world of games to have a monopoly, but in real life there are laws to prevent one company from having too large a share of a market and raising its prices at will.

Bracket creep: The reason that raises never seem to do as much good as they should. The more you earn, the higher your tax bracket and the less you get to keep. For example, a married couple with two children might earn $30,000 a year and pay $5,000 in federal taxes. But if they get a 16 percent raise of about $5,000, their taxes could go up about 33 percent to $6,600.

Consumer Price Index (CPI): A government indicator that is supposed to calculate how much prices go up every month. Food, automobiles, clothing, medical and housing prices are taken into account. It's used by virtually everyone to indicate the inflation rate. Unfortunately, since one of the major elements of the CPI is the price of housing, it's inaccurate for any individual who does not buy a house each year.

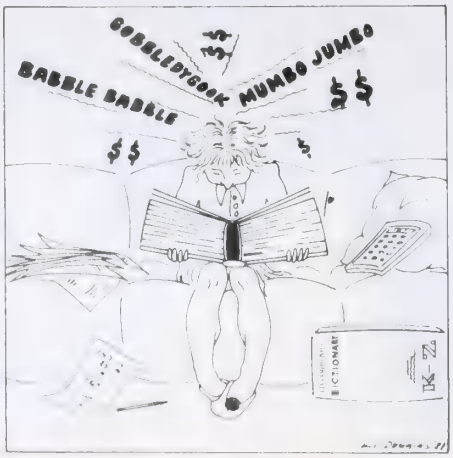


Illustration by Kit Douglas

Dow Industrial average: Years ago, the Dow Jones Corporation picked 30 stocks to represent the entire stock market. With a couple of small changes, we're still using these companies today to reflect the activity of the thousands of firms on the New York Stock Exchange. But since many of those 30 firms are now in the doldrums, the Dow isn't as accurate as it would seem to be from the attention it receives. To be one step ahead of the game, you also should consult the Standard and Poors 400, which is listed with the stock tables in most newspapers and covers a much larger sampling, and/or the New York Stock Exchange Composite.

Earnings: The figure accountants use to show how much money a company makes in a year. In recent years, the accuracy of the earnings figure has come into question in the accounting community. Although earnings is still the most common indicator of a company's success, there may be other *(continued)*



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What first interested Tom and Margaret Kenny in Nabisco stock were Nabisco Products. The same might hold true for many of our 65,000 stockholders. Perhaps they figure any company that makes products with the quality and good taste of Oreo Cookies, Premium Saltines and Spoon Size Shredded Wheat cereal must be worth looking at. And if they do look, they find that Nabisco's sales have reached $2.6 billion in 1980. That net income per share has grown from $1.85 in 1975 to $3.96 in 1980. And that dividends have increased 6 times in the last 5 years to the current indicated annual rate of $1.80 in 1980.

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MONEY TALK
continued

more accurate tools—a company's cash flow, for instance.

Float: Have you ever paid a bill with a check and two days later put the money in the bank to cover it? You were using float—letting the bank advance you money for a couple of days to keep you from sinking.

Some companies use this device too, sometimes going as far as drawing their checks from the Bank of Guam to lengthen the amount of time it takes for those checks to clear.

Gross National Product (GNP): The dollar total of all goods and services produced in the United States in a year. It is now running at an annual rate of about 2.6 trillion dollars.

Historical Cost: Inflation may make a company's assets rise in value, but repeated adjustments are difficult to make on the company's books. For this reason, in annual reports, prices of assets are listed as if they hadn't increased in value from the time they were bought.

Indexing: The practice of tying wages or benefits to inflation so they'll keep up with expenses.

For example, Social Security benefits are indexed to inflation and go up each year as inflation continues. Some economists think indexing is bad since it tends to build inflation into the system. In Israel the entire economy is indexed and the inflation rate is a whopping 130 percent a year.

Joint venture: When two companies join forces to combine their skills or cut costs. It is like going in with your next-door neighbor to buy a snowplow that both of you can use.

Keynesian economics: The school of economics started by John Maynard Keynes. It argues that good and bad times in the economy are dictated by the amount of money people save and invest. Detractors of the Keynesian theory claim that it ignores other important factors such as productivity (see definition of supply side economics).

Laffer curve: Contrary to popular belief, the Laffer curve has nothing to do with how much people laugh at economists. Created by an economist from the University of California, this curve seems to prove that when taxes rise beyond a certain point, they discourage productivity so much that the actual amount of taxes collected goes down.

Money supply: The amount of money in circulation, which the government tries to calculate to the penny. But just imagine figuring out how many dollars you have in your house, savings account and pockets, and you begin to realize what a staggering task it is for the government to find every dollar in the country. Knowing the money supply figure is important since limiting it is a major tool the government uses to control inflation. Since inflation is thought to be caused by too many dollars chasing too few goods, regulating the number of dollars is presumably one way to control inflation.

NASDAQ (rhymes with "has jack"): Stands for the National Association of Securities Dealers' Automated Quotations. The computer system that keeps track of all the over-the-counter stocks traded each day.

Options: Sounds like the name of a new self-help book, but actually it's a way of investing in stock. In most cases, the options work like this: The "options" you buy give you the right to purchase a share of stock at a set price sometime in the future. If the stock rises enough, you've made money. For example, you pay $10 for the option to buy a share in XYZ Company for $100. If the price of the share then goes to $115, you make five dollars.

Prime Rate: The interest rate banks charge their most important corporate customers. Most other interest rates are tied to the prime, so it affects how much you pay for mortgage money, automobile and other loans.

If you want to sound impressive at a cocktail party, just comment that you think the prime has (or has not) peaked. You've got about a 50-50 chance of being right, which puts you in the same league as the experts.

10-Q: The quarterly report that all publicly held companies must file with the Securities and Exchange Commission. At the end of the year, four quarterly reports are added together with additional information to make a 10-K.

Recession: Technically, two quarters in a row of a nationwide economic downturn. More commonly, it's used to mean hard times generally for the country. The last major recession was from 1974 to 1976.

Another recession was expected last year, according to the economists, but they never could agree on whether it had started, was ongoing or was over.

Supply side economics: Since inflation is supposed to stem from too many dollars chasing too few goods, adherents of supply side economics claim that more goods will stifle inflation. How will more goods be produced? One theory calls for tax cuts to encourage investment.

Tariff: A tax put on products entering one country from another country to raise prices of those products and discourage their sale in the home market.

Usury laws: State limits put on interest rates. They were put into effect decades ago to prevent loan sharking. In the last couple of years, most states have raised these limits. What was considered loan sharking 20 years ago is often a cheap mortgage today.

Value-added taxes (VAT): A method of taxation used by some Common Market countries. It works by taxing a product at every stage of production instead of

(continued on P.S. 8)



An elaborate rice leaf carving on the Poster Bed suggests the grand plantations and fortunes of the South's early tidewater economy.

The Philadelphia Highboy features a stately full bonnet, as authentic in detail as the elegant scroll pediment and floral carvings.

The carved shell motif, too, is an authentic detail derived from those designs popularized by Thomas Chippendale. The carving's various layers accentuate the collection's rich finish.



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REAL ESTATE: TO BUY OR NOT TO BUY

Put your cash into a home, say the experts. But before you invest in the real estate market, make sure you know what you're getting—and what the best buys are.

By Betsy Brown

Real estate. It's a good investment, to be sure. But how safe and predictable is the market right now? How much money can you make? Where are the best areas to invest? Which is the right investment for you?

The following guide will help you make a wise—and profitable—choice.

Your own home: A well-kept, single-family house in a good neighborhood is growing in value as much as ten to 15 percent a year. It's partly because of inflation, and partly supply and demand—construction has become so costly that fewer new houses are being built.

Suppose, for instance, you bought a house five years ago for $50,000, with a $10,000 down payment and a $40,000 mortgage. Today that house may be worth $75,000, and your mortgage down to $38,000. That means you own $37,000 worth of property, and you are paying off your mortgage with "cheaper" dollars (remember what the dollar used to buy five years ago?). Until you sell your house, it's only a "paper profit," but it protects you against inflation. As prices go up, your stake in the economy goes up.

Owning your own home means income tax savings that are not available to renters. Your property taxes and mortgage interest are deductible from federal and state income taxes.

Condominiums: Today's hottest seller, the "condo" provides the financial advantage of a single-family house and the convenience of apartment living: All maintenance work is done by a staff hired by the joint owners; condos have lower fuel bills than houses; condos are often easier to sell than single family houses and their value is going up as rapidly

Apartments: Many apartment building owners are now selling the units as condominiums or cooperatives. In a condominium, you own your own unit and a share of the property. In a cooperative, you own a share of the entire building and property. Either way, ownership means tax savings, a potential profit and a greater degree of control over your living space. You can decorate and remodel, and you can decide, with other owners, when the common areas should be repainted, whether to hire a doorman and so on.

You will probably have a mortgage in a condominium or will be paying your share of a mortgage in a co-op, and the interest is tax deductible. Your real estate taxes will be lower than in a house, and they are deductible. Your other costs will include utilities and "common charges," which will depend on the facilities.

How about sharing? Some single women with good salaries but little cash for a down payment are sharing the cost of a large home with a friend or two.

If you decide on joint ownership, consult a lawyer and make sure that any financial agreement is in writing. You may always plan to remain friends but you don't want to lose your home if anything untoward happens to your housemate.

The woman buyer: Women are sometimes reluctant to become property owners because they are afraid of losing a job, having an illness or facing a family obligation that will cut their income. Today, banks must lend mortgage money to any woman who can show her ability to pay. But if the income stops, most banks will defer payment on the mortgage and lower payment on the interest for 60 days—providing they are notified of the problem. If the house or condominium has to be sold, and it takes several months, banks usually will wait for their money—providing the owner is making a genuine effort and keeps them informed.



Illustration by Kit Douglas

Investing in rental property: The best reason today for investing in rental property is appreciation (having your money grow) rather than for income.

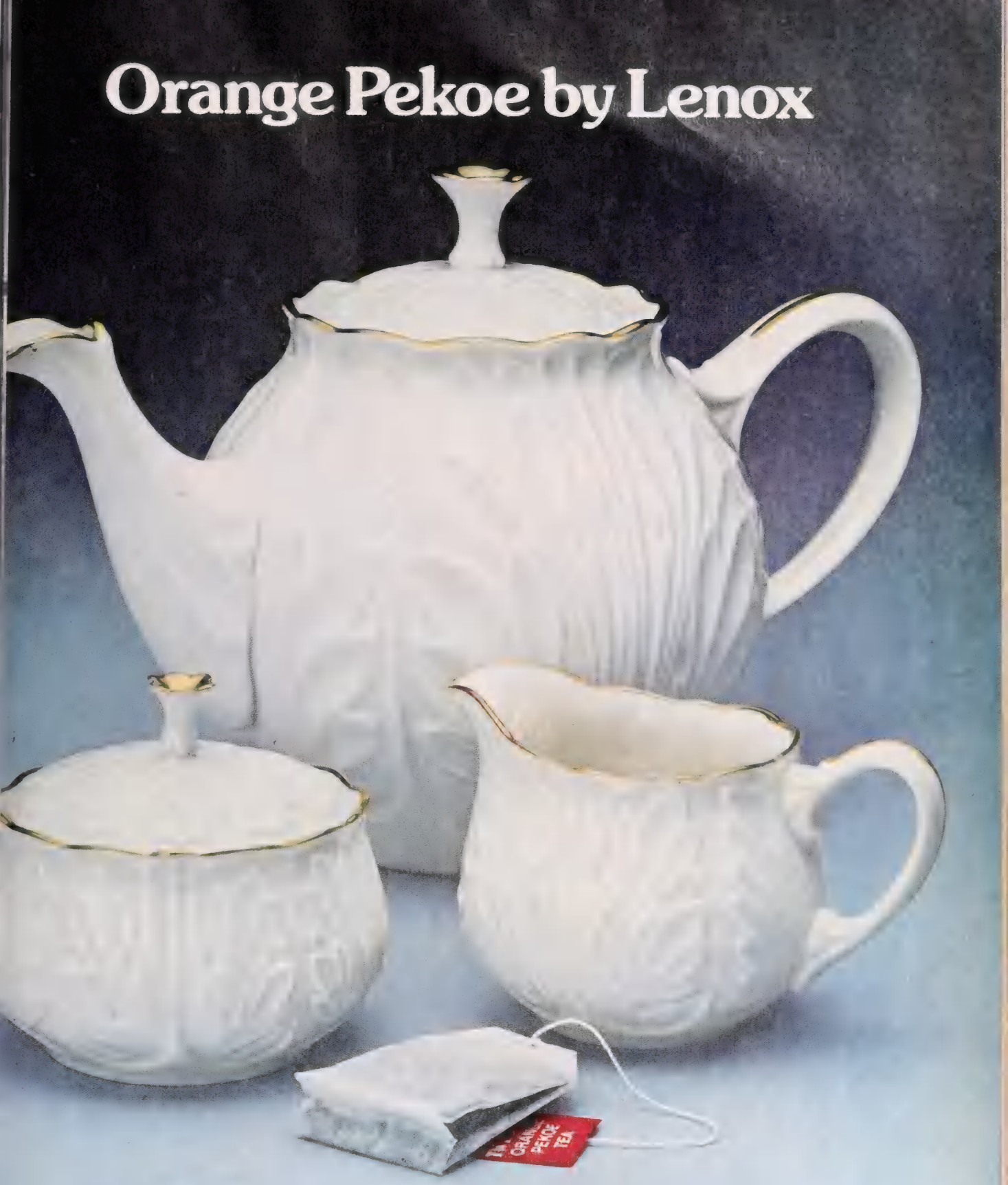
Large apartment buildings have become less attractive as income producers in recent years, and that's why many owners are selling out to their tenants. Fuel and maintenance costs are soaring, and apartment owners claim that in areas where there is rent control, rents do not keep up with costs. Whether the building increases in value depends on the neighborhood, the demand for apartments and how well they are maintained.

Condominiums, smaller rental units and single-family houses have fewer uncertainties and are more likely to increase in value.

Angela Reilly, for instance, bought a one-bedroom condominium as an investment for $47,250 and rented it for $475 per month. (The rule of thumb is that the monthly rental should equal one percent of the cost.) "I just about broke even," she recalls. "After paying all the expenses I cleared about eleven dollars per month." But two years later, she sold the condo for $69,500.

Another possibility is to buy a two-, three- or four-family *(continued)*

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REAL ESTATE
continued

house, live in one unit and rent the others. Stephan Green, a 32-year-old architect, recently bought a four-story brownstone in Brooklyn, N.Y., for $65,000. He put $16,500 down and got a 25-year mortgage at 14½ percent. His monthly costs will be $900, and he plans to rent two floors at $400 each and live in the other two.

Ultimately he hopes to make a profit because the neighborhood, which had been declining, has improved as old buildings are bought and renovated.

Vacant land: Will Rogers used to say that it was good to own land, "because they ain't making no more of it." That's fine, as long as you don't need income from your money. Instead, you'll have outgo—property taxes. You should make a profit in the long run, especially if you know the area is growing, or that an industry is moving into town and there will be a building boom. But land is harder to sell than buildings, and you can't be sure of finding a buyer when you need one.

Real estate funds: Such funds are similar to mutual investment funds—instead of buying property yourself you buy shares in, say, an office block. The purchase is made by a broker and the risk is spread among investors. Consult a major stock brokerage firm for details.

Know what you're buying: Experts are unanimous on one point: Never buy property you haven't seen.

Many people have lost money by buying lots that were advertised in glowing terms, only to find that the land had no access roads, would not be developed for years, or was impossible to develop at all.

Don't just look at the land, however. You must also learn the zoning laws of the area and see how it could be developed. Try to find out whether the area is growing or declining.

If you buy rental property, find out how much rent you can expect. You should also compare the rents with those paid in similar buildings in the same neighborhood. Ask how long the current leases will run, and whether there has been trouble collecting rents. Get an engineer to inspect the building for hidden flaws.

When you buy a house for your own use, naturally your family's needs will come first. You'll want to learn about schools, commuting, recreation and tax rates, as well as whether the house appeals to you. You also should compare the community with neighboring areas; find out whether it is growing or declining and whether the zoning laws protect the neighborhood against unattractive uses.

Spend time walking around the neighborhood. Let your instincts as well as your common-sense tell you whether you are making a wise investment. **End**

MONEY TALK
continued from P.S. 4

simply taxing the consumer when an item is sold.

For example, for a loaf of bread, these taxes would be collected from the farmer when he sold the wheat, from the miller when he made the flour and from the baker when he sold the bread.

Working capital: The money a company invests in itself on plant, property and equipment to further growth.

X: The all-purpose figure used in examples such as "Well, let's say you made X dollars last year . . ."

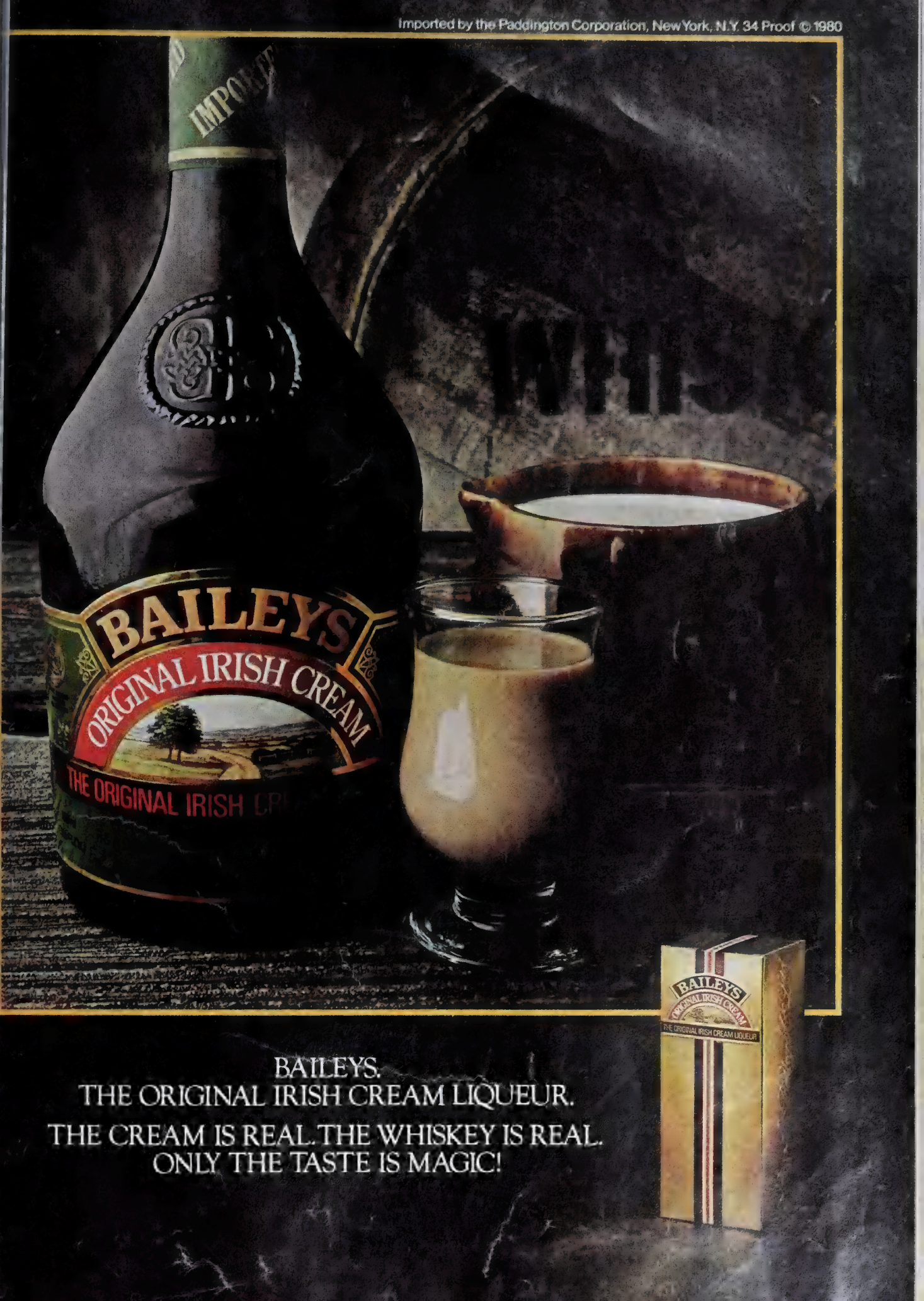
X is a wonderful device that saves you from having to know what you're really talking about.

Yield: The percentage of a company's stock price that it pays to its investors in dividends.

Zero Base Budgeting: Probably you spend time figuring out how to save money only when you make a major purchase like a car or a television. But it is likely that you'd have a more efficient household if you periodically reconsidered the way you spend money on everything—clothing, housing, transportation, even food. That's what corporations do with zero base budgeting. Every year they start from zero and painstakingly scrutinize all their expenses, not just the extraordinary ones. **End**



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LINDSAY QUICHE & TELL

- 1½ cups whipping cream
- ½ cup buttermilk
- 4 eggs, lightly beaten
- ¼ teaspoon salt
- Dash pepper
- ⅓ pound bacon, cooked and crumbled
- ¼ pound Swiss cheese, shredded (about 2 cups)
- 2 tablespoons sliced green onions
- 1 can (6 ounces) Lindsay large pitted, ripe olives, drained
- 1 pastry-lined 9-inch pie plate or quiche dish (unbaked)

Heat cream and buttermilk; whisk in eggs and seasonings. Stir in cheese, bacon, onions and Lindsay olives. Pour into pastry shell. Bake in 375° oven 30 to 35 minutes, until custard is set and golden. Garnish with chopped parsley, if desired. Makes 6 servings.

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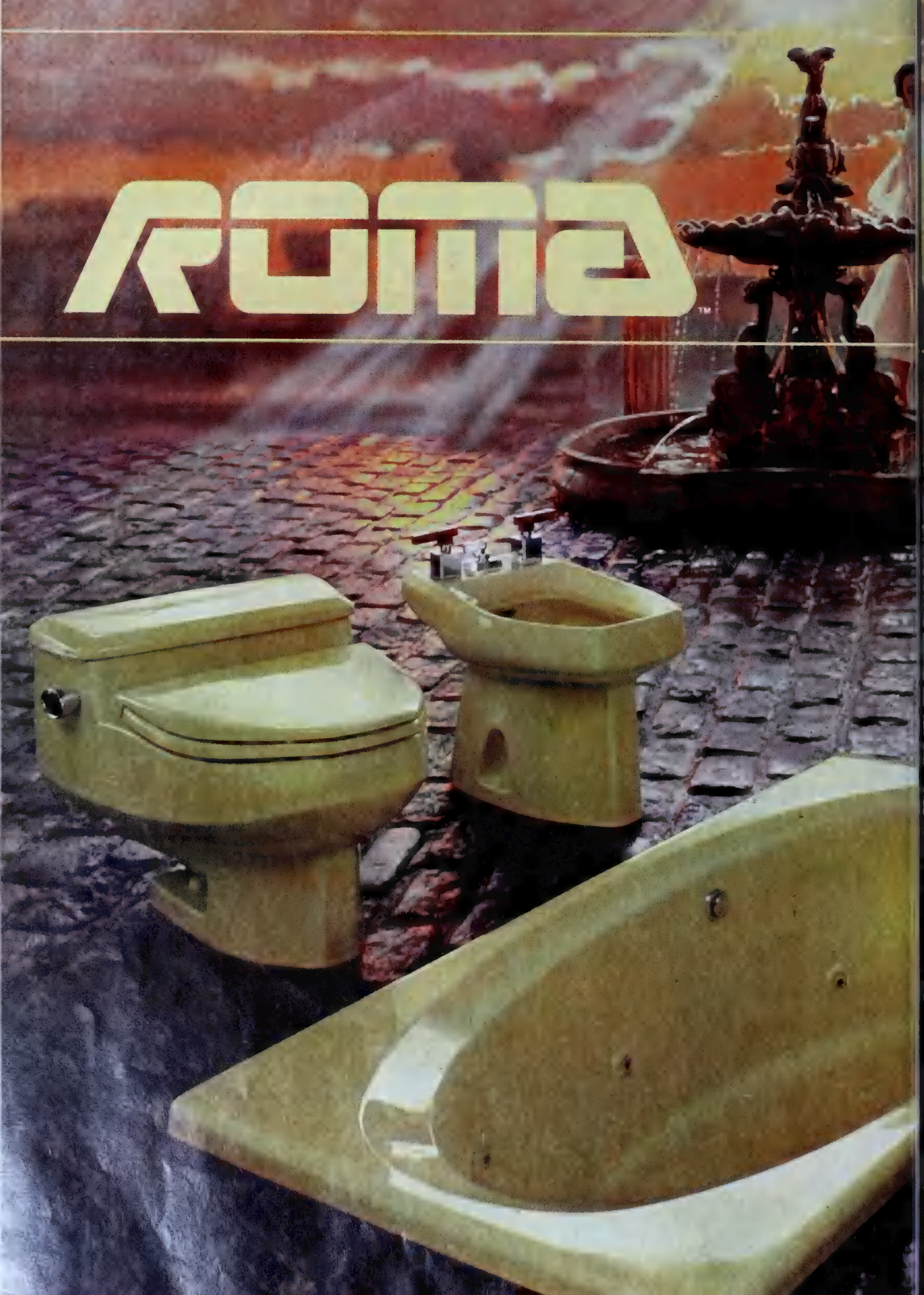
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MARRIAGE AND MONEY: A BALANCING ACT

Is money an annoying "third party" in your marriage? If financial management puts a strain on your otherwise happy household, heed the following advice—and put money in its place. By Jane Klimczak

The best things in life are free, croon the poets, and all you need is love. But more practical people know better: No matter how heavenly the courtship, every marriage eventually gets around to business and that includes the not-so-romantic subject of money. After all, even Scarlett and Rhett had to buy groceries.

Because money matters are so pervasive, it's not surprising that money and marriage intertwine and, at times, knot up. But why are finances so *frequent* a source of marital disputes—and why, as a recent survey surprisingly indicates, does money break up more marriages than sex?

To be accurate, money isn't the *real* cause of all marital problems. Far from it. "In many cases, money may be more a symbolic problem than a concrete one," explains Dr. Eric Riss of the Institute for the Exploration of Marriage of New York City. "For many people money symbolizes security, love, power or accomplishment. When a couple fight over money, they may actually be arguing goals, personality differences or deep-seated insecurities. They can't, in effect, see the forest for the trees."

Different attitudes toward money as a result of dissimilar backgrounds are a common problem for husbands and wives. Steve, for example, believes that money is for spending, a philosophy he practices enthusiastically. His wife, on the other hand, has the vivid memory of her father's need to declare bankruptcy twice and consequently fears the empty till and Steve's splurging.

Similarly, incompatible investment approaches can strain a relationship. While a preference for U.S. Savings Bonds over copper futures seems a silly reason for divorce, many spouses feel threatened by investments they fear may land them in the poorhouse. "These problems are due to different upbringings and values," says Dr. Riss, "so it's important to remember that one partner isn't necessarily wrong and the other right. They're just different."

Differences also surface over spending. Sara and David, old hands at money disputes, are now at odds over whether to buy a new car or take a trip abroad. Although not a life-or-death issue, it reflects the couple's divergent priorities: David prefers material goods, while Sara opts for new "experiences."

For other couples, differences are more fundamental. Should they save for their retirement or live well now? Purchase a Florida condominium or put the money in trust for the children's education?

Ideally, a couple should discuss their goals before marriage, but even foresighted discussions don't preclude future problems. Priorities change, people evolve. And in many marriages, arguments over money mask deeper, more serious problems. Explains Dr. Ruth Neubauer, President of the New York Association for Marriage and Family Therapy, "Money can bring to the fore such issues as the couple's values, a wife's independence, or the reasons they married in the first place," and many of these questions often surface in conflict over earning power:

- A wife may blame her husband's inadequate income for her own feelings of unfulfillment.
- A working wife may pose a threat to her husband, causing him to fear that if she is no longer financially dependent, she may leave him.
- A woman who earns more than her husband may curtail her ambitions or pass up a promotion in order to avoid an ego conflict with her husband.



Illustration by Kit Douglas

No woman can change her husband's attitudes overnight. But stifling ambition or crushing a fragile ego are distasteful alternatives that breed resentment or guilt, emotions that add fuel to the conflict. Whatever the case, discussing the problem openly and calmly is the first step. But if deep-seated insecurity remains, marital counseling may be necessary.

"Most men, after analyzing their attitudes, eventually realize those attitudes are illogical and outmoded," says Dr. Riss, "and soon begin to appreciate the value of their wives' financial contributions."

Though many men now support their wives' decision to work, modern attitudes may simply breed modern money problems. Women who earn less than their husbands or do not work unconsciously shoulder the household responsibilities as a way to bridge the earning gap. And many better-paid partners feel they are entitled to a greater say in spending or investment decisions. These inequities often make the "poorer" partner resentful of the "richer" one.

In two-income families, incomes and assets are sometimes kept separate with common accounts set up to pay joint expenses, a system that can spawn its own set of problems. Says Gerard Lareau, president of the Consumer Credit Counseling Service of New York, "A married *(continued)*



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MARRIAGE AND MONEY
continued

couple should not lose sight of the fa that they are a single economic unit, n just two people living together."

While the issue of money is frequen just the battleground of marital distres not *every* money problem has a psych logical source. In many marriages, mon problems are the result, simply, of infl tion. "As inflation becomes more serious says Dr. Riss, "money *in and of itse* places greater stress on a family."

"Problems occur when couples don realize what inflation is doing to the spending power," says Lareau. "The continue to spend and don't understan why they're going into debt. Then th arguments start."

The important strategy, counsel the e perts, is to face the situation as soon a you sense a problem. To regain contro prepare a budget that requires you t make basic lifestyle decisions within th context of your financial limitations. If compatible couple hasn't consciousl sorted out its priorities, a budget will hel them to do so.

Even the most detailed planning though, doesn't guarantee success; a crit ical component is smart financial manage ment. Fortunately, there are many infor mative books on personal finance an money management. And, for more se rious problems, credit counseling service are available in most cities. A couple wh budget and make decisions together wil find they are better able to control money instead of letting it control them.

What's more, couples who keep lines o financial communication open will suc ceed in keeping money in its place— where it remains an innocuous means t more pleasant pastimes. **End**

A NECKLACE

By Ruth Wollheim

Moments like beads
On a chain
Of varying hues
Reflecting
A smile
Blue sky
Eyes that met
Good silences
Linking.

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Makes a strand
Whole
Strong
Mine to carry
The decoration
Of life's
Fleeting hours.



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INVESTMENT INFLATION FIGHTERS

You don't have to be a gambler at heart to find an investment that beats inflation. Here are some high-yield alternatives to that passbook savings account. By David Konigsberg

By now, you probably know that a passbook savings account serves its purpose—as an emergency reserve—but does little to keep your money from being ravaged by inflation. Five thousand dollars in a 5.25 percent account will, true enough, grow to $5,265 (assuming principal and interest remain on deposit all year), but if the cost of living rises at an annual rate of 11 percent, the purchasing power of that $5,000 actually declines.

Because of this, you've probably also heard about countless investment "vehicles" that will help you keep pace: stocks and bonds, gold and silver, stock options and commodities futures, antiques, art, real estate and savings certificates—the array seems as vast as it does inviting.

But just how effective are these alternatives? And how sure can you be that any of them will preserve your money as well as make it grow? Let's take a look at some of them:

U.S. Treasury Securities: U.S. Treasury notes (one to ten year terms) and bonds (over ten years) are direct obligations of the federal government. As such, they are like savings accounts, virtually risk-free. They can be purchased from a commercial bank in denominations of $1,000, $5,000, $10,000, $100,000 and up. Treasury notes and bonds recently have offered yields of 12.81 and 12.21 percent, respectively. The Treasury Department also markets three-and six-month bills. These pay more, but require a minimum investment of $10,000.

Bonds: These are used by corporations and state and local governments to raise large sums of money, with interest rates based on the safety of the bond. (Generally, the riskier the bond, the higher the interest rate. Also, since it's difficult to get people to invest for a long period, higher interest rates are given on longer term bonds.)

To determine the safety of a bond, check the library for publications of Moody's Investors Service and Standard and Poors Corporation. The two independent services rate bonds as follows: Moody's, Aaa, Aa, A, Baa and lower; and S&P, AAA, AA, A, BBB and lower.

Top quality bonds (that is, the safest) generally pay higher interest than Treasury securities simply because AAA-rated General Motors is theoretically less secure than the government. Nonetheless, these bonds are considered sound, long-term inflation fighters. Recent high quality issues have been yielding between 13.5 and 14.5 percent annually. Naturally, you can get a better yield by shopping for bonds rated below Baa or BBB, but then your risk is substantially greater.

State and municipal bonds offer the lowest yields, but because the interest they earn is exempt from federal taxes (and in many cases, state and local taxes as well), they too have advantages. "The municipal bond buyer is someone who can't afford to be ravaged by both inflation and downside risk," says H. Gerard Bissinger II, president of Lebenthal and Co., Inc. "It's frequently someone who has accumulated capital he can't afford to lose because this capital is, or is going to be, the principal wage earner in retirement.

Stocks: In the early 1970s, stocks were not such a good bet since they had become so expensive, but since 1974, they have performed well, says Sanford M. Weill, chairman of Shearson Loeb Rhoades, Inc. "Common stocks represent shares in the ownership of businesses," he adds. "And businesses have characteristics that *(continued)*

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INFLATION FIGHTERS

continued

make them hedges against inflation." The problem with stocks is that a rise or fall in the market can be influenced by many things: news (economic and otherwise), government spending, new products, mergers, lawsuits and the speculative tactics of professional market players. In other words, there is no saying whether the stock you buy today will be worth more or even the same six months from now.

Thus, investing in stocks requires knowledge, judgment and, most of all, the willingness to take risks. Most important, never buy stocks with money you may need for necessities. As investment expert Andrew Tobias puts it: "People who buy stocks when they get bonuses and sell them when the roof starts to leak are entrusting their investment decisions to their roofs."

Collective investment: You may want to diversify your investments, but unfortunately diversity comes neither easily nor cheaply to the small investor. Thus, some investors find it convenient to combine their money with others in trusts or mutual funds.

Bond unit trusts, for example, combine the money of many investors to assemble a portfolio of bonds that is both large and diverse. Bonds are held by the trust until they mature, and each investor is paid her share of the proceeds. Mutual funds, on the other hand, often involve assembling portfolios of stocks, and while they don't take the risk out of playing the market, they do spread it around. When shopping for a mutual fund, try finding a so-called "no-load" fund, which does not charge an initial sales fee. Also stay clear of funds that do exceptionally well in "bull" (or up) markets; look for one of the rare, less spectacular funds with a history of doing better than average in up *and* down markets.

Finally, one of the fastest growing investment funds is the money market mutual fund. Here, money is continuously invested in short-term government or corporate securities that mature in months instead of years. As inflation hedges, money market funds are convenient alternatives to passbook accounts—the earnings are generally higher, interest is credited daily and you can withdraw your deposit any time without penalty. No sales commission is charged on these funds, but .75 percent of the interest they earn is subtracted as a fee.

Commodities futures and stock options: Commodities and options may have the potential of making you rich (and that's a nice way to beat inflation), but if it's your grocery money you're about to invest, think again, there *is* a risk involved. Winning at commodities requires that you predict which way the prices of anything from Colombian coffee to Florida orange juice will go. But to be successful you have to do more than just guess. "Traders should avoid 'instinct trading' and pursue well thought out, informed decisions based upon factors such as supply and demand," says Jeanine L. Witgen, research marketing coordinator, Conti Commodity Services Inc. "Commodity futures markets can help to offset the inflation bite *if* investors are willing to do their homework."

Winning at options demands that you exercise similar judgment with the price of stocks. It's a risky business, but "if you are right, your rewards are handsome compared to the dollars invested," says Betsy Bliss, vice president of Oppenheimer & Co.

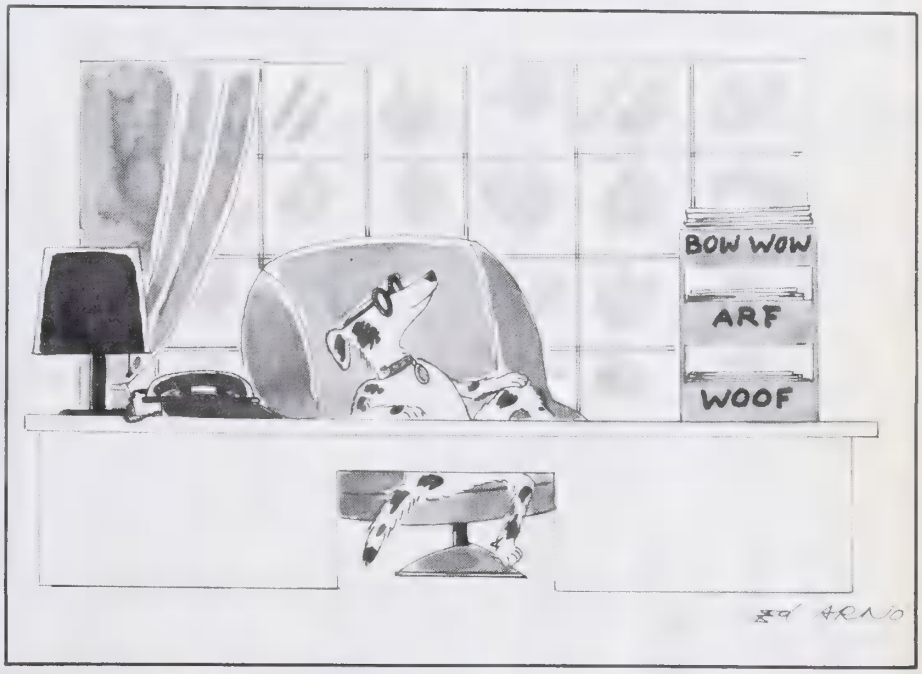


f you have made a small bet and ou're wrong, "you have lost rela-ively little."

Gold and other precious metals: No matter what happens in the world, hese metals will retain some solid alue. Although they are hedges gainst inflation, they get their great-st boost from world disaster. Gold, or example, rises like a rocket with ach threat of war or sign of reces-ion. But it also drops like a stone if he dollar gains or the winds of war ecede. Early last year, the fall of the dollar on foreign exchange markets, he Soviet invasion of Afghanistan nd troubles with Iran boosted the rice of gold skyward—$850 in Janu-ry, 1980. At this writing, though, an unce is selling for around $500. "Precious metals have a tendency to ise in value at a rate equal to or greater than the fall in purchasing power of the dollar," says Louis E. Carabini, president of Monex Interna-ional Ltd.

Art and antiques: As John Marion, president of Sotheby Parke Bernet, nc., says: "Art and antiques have an dvantage in coping with inflation that o other acquisition can offer: the sychic dividend . . . the pleasure." Investing in fine work has two major benefits: beauty and rising value. But also remember that it's speculative and not liquid—that is, you cannot easily convert your money to cash. You also have to be patient with this investment because art and antiques often take time to appreciate.

Savings certificates: Interest rates fluctuate on six-month certificates, but at this writing were hovering at 14 percent or more. They do require a minimum deposit, however, and you can incur a penalty if you withdraw your money early. You also can get longer term certificates, which guarantee an assured rate of interest for a longer period. **End**





GETTING IN—*AND OUT* —OF DEBT

All of us—no matter what our income bracket—may at some time be up to our eyes in unpaid bills. If you need a financial SOS, read on. By David Konigsberg

John and Penny's problem was that they wanted the good life too soon. After John landed a position as a surgeon in a major hospital, they bought a fine suburban house, an expensive car, prep school educations for their two children and a host of other luxuries, including a deluxe vacation for two. But the money for these expenditures was not yet in the bank—so on top of the $60,000 they'd borrowed to put John through school, they added a hefty mortgage, a car loan, tuition, vacation and credit card obligations. Before long, John and Penny were in trouble.

So were Frank and Jane. It's not that this couple, who jointly earned $25,000 per year, lived at the same level of luxury. They merely borrowed what they thought was reasonable—but inflation caught up with them. While their salaries rose about seven percent a year, the cost of living increased 12 percent. When their loan payments and other bills began weighing heavily, they borrowed more.

Julia and Tom's problem was simpler. The onetime healthy construction company Tom worked for was hurt by a housing slump, and he lost his $15,000-a-year job. Now credit responsibilities that once were manageable became overwhelming.

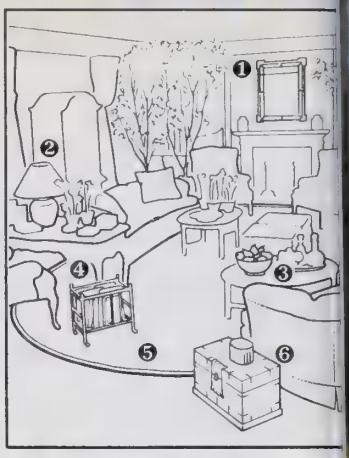
That these three couples, from different economic levels, found themselves in similar straits is not surprising. Debt trouble, experts say, is not confined to members of any one category. Nor, for that matter, does it develop from any one pattern. While profligate use of credit is surely a road to financial disaster, you don't have to borrow to the hilt to get in over your head. For some families, the loss of employment or a serious illness are enough to do the job.

Indebtedness, however, need not be terminal. There are ways to revive your ailing finances. But the major prerequisite to doing so is recognizing the symptoms of trouble before it's too late. How do you know your family has overextended itself? Look for any one of the following signals:

- *Clues that your debt load is out of control.* For example, the bank turned John and Penny down on a mortgage for a beach house because they owed too much to other creditors already. Sure enough, when the couple examined their obligations closely, they discovered that aside from the mortgage on their residence, they owed creditors over half of John's annual $100,000 salary.

As a rule, a family should not owe more than a third of its *discretionary income*—that is, what's left after taxes, housing, food and clothing expenses. Another guideline is that if your mortgage payment or rent amounts to a third of your monthly take-home pay, you should not be spending more than another ten or fifteen percent on installment or other credit payments.

- *Evidence of using credit as income.* To maintain their lifestyle despite inflation, Frank and Jane began borrowing money to buy things they once paid cash for. They started using advances on checking accounts to pay the utility company; running their department store credit cards up to the limit while paying back only the monthly minimum requirements; using loans to finance vacations—even before previous loans for the same purpose had been paid off.
- *Signs of bill-juggling.* After Tom lost his job, he and Julia began delaying payments and alternating bills—paying one this month and another the next. They drained their savings to pay for necessities *(continued)*



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DEBT
continued

such as groceries and received a stream of second notices from telephone and credit card companies.

To be sure, admitting to yourself that you're overextended is not an easy thing to do. As Ann Key, a New York debt expert, puts it: "Being in debt carries all the negative connotations—that you've somehow failed, or that you're irresponsible. But," she adds, "you can't ignore the problem or wish it away. The sooner you tackle it, the better off you'll be."

What you can do

If you find you're overextended, what should you do? *First of all,* take a thorough look at where your money goes. Break out receipts and checks of the past few months and list the everyday expenses of each member of your family. (A helpful strategy is carrying a small note pad for a few weeks and keeping track of every outlay—for transportation, lunch, snacks, entertainment and other miscellaneous expenses.

Then decide what's essential and what is fat and begin cutting. For example, by traveling less extensively, eating out less often, shopping carefully, buying in bulk, eliminating snacks at work, catching movies in a second rather than first-run movie house and using a variety of other money-saving measures, Frank and Jane went a long way toward getting their bank account back on its feet. And, while taking the children out of prep school, settling for less expensive transportation and eliminating other luxuries were painful to John and Penny, they discovered it was not the end of the world.

Be sure, incidentally, that when it comes to accounting and budget cutting, you involve the entire family, children included. This will give you a more accurate picture of just how your money evaporates. Moreover, austerity is more easily accomplished when everyone knows exactly why it's necessary and has input in setting priorities.

Deal with creditors

In many cases, though, it takes more than austerity to dig a family out of a financial quagmire. If this is true of your household, remember the rule is to *deal with your creditors*—do *not* run away from them. Contact the people and companies to whom you owe money—since chasing delinquent accounts costs money, it's good psychology to call them before they call you.

As Julia and Tom found out, creditors can be rather flexible once you've informed them of your situation. They may, for example, be willing to give you a payback extension, allow you to pay interest but not principal for a couple of months or arrange to have you pay old debts bit by bit with each new bill.

Always keep in mind, though, that of the biggest obstacles to recover further borrowing. If you must, *ba your credit cards.* (One important you should be aware of: An oft-advert mechanism for dealing with debt p lems is the *consolidation loan*—in ef a loan that puts all your debts under roof and may give you sm monthly payments that are easier to h dle. These loans should only be con ered as a way of simplifying the payn of a variety of small debts. If yo deeply in debt, however, a consolida loan will only dig you in deeper, you're not only paying interest on original debt, but you are paying inte on the consolidation loan itself. Moreo the smaller monthly outlay may only the temptation to begin borrowing aga

If all this is not enough to take car your debts, what about bankrupt Bankruptcy is a very last resort should be employed only with ad from professional legal counsel.

Bankruptcy does one positive thing you—wipes out your debt—and sev negative things: bestows a social stig besmirches your credit record for up ten years (making credit available to only at the very highest rates) and, though you may be allowed to keep y car, partial value of your house, thi you need for work and some perso property, divides your assets among y creditors.

Alternative to bankruptcy

Fortunately, as John and Penny covered, there is an alternative to bankruptcy—the so-called *wage-ear* plan under Chapter 13 of the Bankrup Act. Such a plan can give you up to th years to pay off your debts fully or p tially (that must be worked out in cou Meanwhile, you are protected from la suits and repossessions, and the dama to your credit record is limited to f years. Your creditors, of course, must a prove the plan, but since getting at le part of their money under a Chapter 13 better than getting little or nothing at under a full bankruptcy, they are likely agree to the plan.

Finally, if you need advice on getti out of debt, choose your adviser careful Among those who call themselves cre counselors are operators who take a b part of your monthly debt payments their fee and may recommend consolid tion loans, which they offer at high rate Better alternatives are the nonprofit fices, listed in the phone book as *Co sumer Credit Counseling Services,* whi have sprung up in metropolitan are across the country in recent years. (The are now well over 200 of them in 4 states.)

For information on the office neare you, write the National Foundation f Consumer Credit Inc., 1819 H Stre N.W., Washington, D.C. 20006.

THE WINDSOR GREAT PARK MINIATURE PLATE COLLECTION

Wedgwood bone china
Authorized by the Crown Estate, Windsor
Available only by direct subscription
from Nelson Doubleday, Inc., Publishers







MINIATURES HAVE BEEN ENJOYED BY COLLECTORS FOR CENTURIES. This is especially so in England where the masters of the art have been singled out for royal commission since Tudor times and the royal collection of miniatures at Windsor Castle is one of the finest anywhere in the world.

It is particularly appropriate therefore, that the miniature should be chosen for a collection authorised by the Royal Forest and Gardens, Windsor Great Park and that its creation should pay honour to the masters of bone china — Wedgwood.

For over two centuries Wedgwood have been creating masterworks at their Staffordshire pottery — many have become museum pieces. Now these traditional skills have met a new challenge. For the first time, Wedgwood have accepted a commission to craft a collection of plate miniatures. The inspiration — the birds and flowers that find sanctuary at Windsor Great Park throughout the year. The achievement — a set of twelve plates, each no more than three inches across, that capture the changing beauty of this parkland in the permanence of bone china.

The design for each plate is the result of the collaboration of the Keeper of the Gardens at Windsor Great Park and wildlife artist, David Baker. For each month favourite flowers, brilliant leaves, decorative birds have been transformed into a composition that combines artistry with accuracy.

Bone china provides a brilliant body for miniatures. Each bird and flower stands out against the bright white background; the coloured pigments fire hard to a jewel-like glow, and framing it all is a classic border of 23 carat gold. Together they form a compact and decorative gallery of wildlife art whose display is enhanced by a classic wall rack constructed of mahogany and provided with each set.

Each plate bears three marks of approval: the initials of the artist, the name of Windsor Great Park, and the world renowned backstamp of Wedgwood.

It will take more than a year to issue the twelve plates. Complete sets of the Windsor Great Park miniatures will be reserved for presentation purposes. The opportunity for collectors to acquire the set month by month, as it is crafted, is being made available solely by direct subscription. The fee for each miniature is $15.95 plus $1.00 for shipping and handling.

The issuing of the Windsor Great Park Plate Miniatures to collectors in the United States has been entrusted to Nelson Doubleday, Inc., Publishers. Each plate may be reviewed at home, without obligation for 15 days. If for any reason it is not suitable, return it within that period for complete refund or credit. You may cancel your subscription at any time by so notifying Nelson Doubleday, Inc.

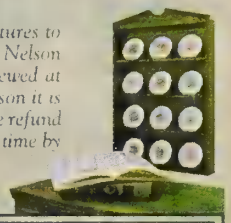
WINDSOR

... is a principal residence of the English Sovereign — and has been so from the time of William the Conqueror.

The Great Park adjacent to Windsor Castle is a vast garden artfully planted with the world's finest collection of woodland flora.

While the ownership of the Crown Lands is vested in the Sovereign, this valuable natural heritage is cared for and controlled by the Crown Estate Commissioners for all to enjoy — now and for generations to come.

Throughout the year, Windsor Great Park presents a notable show of trees, flowers and birds: from the tiniest crocus to the greatest oak, from pastel magnolias to brilliant rhododendrons; song thrushes and finches, woodpeckers and robins. Each of these, and more, have now been depicted in twelve miniatures.



The Windsor Great Park Miniature Plate Collection

c/o Nelson Doubleday, Inc., Dept. BR-421, 501 Franklin Avenue, Garden City, NY 11530

Yes, I would like to examine the first plate in the Windsor Great Park Collection of twelve Wedgwood bone china plate miniatures. Each plate is $15.95 plus $1 shipping and handling and comes on a 15-day examination basis. If I decide not to keep the plate, I will return it to Nelson Doubleday, Inc. and will receive a full refund. Future plates in the edition will be shipped one at a time approximately every other month. At *No Additional Charge* I will receive a beautiful mahogany display rack at approximately the same time as Plate #4. There is no minimum number of plates that I must buy, and I may cancel my subscription at any time by notifying Nelson Doubleday, Inc.

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LEGAL TIPS FOR PUZZLED INVESTORS

Many new investors feel baffled by the mysterious world of stocks and bonds. Here are some of their common questions, answered by lawyer Laurie H. Hutzler.

Q: *I don't think I've received all my securities from my broker. I've talked to the head of the brokerage office, but I'm still not completely satisfied. What can I do?*

A: If your problem cannot be resolved at the local level, you can complain to your broker's stock exchange. Letters are turned over to the compliance division, which will look into your complaint and, if necessary, refer the problem to an arbitration panel for settlement.

If your broker's firm is a member of the New York Stock Exchange, write to the Investor/Broker Liaison Section, NYSE, 55 Water Street, New York, N.Y. 10041. If the firm is affiliated with the American Stock Exchange, the address is 86 Trinity Place, New York, N.Y. 10006. For a member of the National Association of Securities Dealers, write to the Enforcement Division, NASD, 1735 K Street NW, Washington D.C. 20006. State the name of the broker involved, the name and address of the firm, your specific complaint and your address and telephone number. Do not enclose any originals of correspondence or stock certificates with your inquiry.

Q: *I found some old foreign government bonds in my grandparents' attic. How do I find out if they're worth anything?*

A: If you have an internal bond—payable in the currency of the foreign country—inquire at the embassy or consulate involved. For external dollar bonds—payable in U.S. dollars—write to the former paying agent, whose name should be on the bond.

Laurie H. Hutzler is president of Legal Management Services Inc., a New York City publishing company.



I am planning to move. How can make sure I continue to receive my vidend checks?

You are wise to think about your ocks and bonds when you move. urrently there are about 500,000 ost shareholders" who lose about 5 million in dividends each year. vidends of $35 million more are layed annually because the comnies involved are not properly notid of an address change.

When you change your address, no- the corporate secretary of each mpany in which you own shares. nd a letter stating the number of ares you own, your old and new dress, and the date of your move. A py of this letter should go to the bank rving as the company's transfer ent, which should be listed on your ock certificates.

Are my investments protected if y brokerage firm goes bankrupt?

The Securities Investor Protection orporation (SIPC) was created by ongress in 1970 to protect customs of securities firms that are forced liquidate. SIPC is a nonprofit, embership corporation, which reives its revenue from member brokers and dealers, and offers limited protection for cash and securities. This works a little like bank insurance, though the coverage seems more complicated and varied. Remember to check whether the firm you deal with is an SIPC member and note that unregistered investment contracts and commodity interests, contracts and options are not protected. For more specific information on limitations and collection procedures contact: Securities Investor Protection Corporation, 900 17th Street NW, Suite 800, Washington D.C. 20006.

Q: *Lately when my broker sends me a check, it is drawn on a distant bank. It sometimes takes weeks to clear. Is this practice legal?*

A: No. The practice of "remote checking" to delay clearance and prolong the broker's use of your funds is not allowed and should be reported to the Securities and Exchange Commission, Capitol Mall North, 500 North Capitol Street, Washington D.C. 20549. Other abuses include: delaying payment of dividends and interest, switching from payment on receipt to monthly payment without your permission, imposing increased commissions without notice, collecting fees assessed on inactive accounts without notifying you and delaying a transfer of your account to other brokers.

Q: *I want to give my daughter some of the stock I own for her birthday. How do I put the certificates in her name?*

A: Contact the transfer agent and request a form to put the stock certificates in your daughter's name and thereby transfer ownership to her. Each transfer agent has its own standards for the transaction. You may have to prove your ownership and enclose supporting documents, but never send originals or stock certificates when making a first inquiry.

Q: *I don't know much about the stock market. How can I learn more?*

A: The New York Stock Exchange has an Investors' Information Kit with five informative booklets. To receive it, send $2.50 to the Exchange's Publications Section, 11 Wall Street, New York, N.Y. 10005. The New York Stock Exchange's public information office also is very helpful and willing to answer questions. **End**

PRINTS, POSTERS AND DRAWINGS: INVESTING FOR PLEASURE

You may not be able to afford a Van Gogh, but in the graphic arts, even a small investment can pay off in profits and pleasure. By David Nimmons

In 1955, when hamburger sold for 30 cents a pound and bikinis were new enough to be naughty, you could have picked up a Maxfield Parrish poster for 75 cents. Today, that poster sells for $500 to $700.

About seven years ago, Jean and Rosemary joined four friends to purchase a David Hockney print for $700. They are selling the print this year for $3,000.

In 1977, Nancy paid $20 for a



woodcut she found in an antique shop. She sold the woodcut at an auction this spring for $190.

As these and other collectors have discovered, art investment is no longer the exclusive province of the mink-and-money minority. The average collector works hard for a living, enjoys a comfortable but not lavish life and plans art acquisitions as carefully as any other part of the family budget. Amateurs in the truest sense, these people collect art because they value the richness it brings their lives. More and more often, they collect graphic arts because they are available, understandable and affordable. And while some purchases are good investments, the word that recurs most often when talking to collectors is not "money," but probably "fun," "excitement" or even "joy."

Graphic art denotes nothing more mysterious than any art, except painting, that involves lines, shapes or colors on a two-dimensional plane (almost always paper). Once the poor country cousin of the art world—due to its reasonable prices and easy accessibility—graphic art has burgeoned recently. Today the beginning collector of drawings, prints, posters or lithographs faces a fascinating new universe of education, enrichment and investment at surprisingly realistic prices—as long as she's not overly intimidated by it.

"People have the idea that there is some mystique to art," explains Nicholas Stogdon in the New York office of Christie, Manson & Woods International, Inc. "They think we cater only to the very rich, but that's simply not so. Exhibitions are free, open to whoever wants to come. We welcome new collectors as well as experienced ones."

His point is echoed on the West Coast: "Collecting is fundamentally common-sense," explains Maxine Rosston, assistant curator of the Fine Arts Museums of San Francisco. "There is no more mystique about collecting art than there is to buying a used car. You owe it to yourself to know what you're buying."

The passport, then, to this arcane world is simple: homework. Knowledge is the sine qua non of every successful appreciator, collector and dealer of art. You can't expect to make a good investment if you don't know what you're buying. And if you're ill-informed, you may fall victim to an unscrupulous dealer.

The best place to start your searc for information is the local art m seum. Familiarize yourself with th shows, talk to the experts and a questions. The larger museums in th bigger metropolitan areas offer mar programs—lectures, tours, seminar classes—and may arrange appoin ments for collectors to discuss partic lar topics with the museum staff. you live near a university or con munity college, check their listings f interesting background courses.

The next stop should be the loc library. Take a look at *Art News* ma



azine, which devotes an issue eve year to prints and graphic art, ar *Print Collector's Newsletter,* the lif line of the serious print collecto Check too for the following book *How Prints Look* by William Ivins, J (Beacon Press, Boston), *Art of th Print* by Fritz Eichenberg (Har Abrams, Inc., New York), *Prints an People* by A. Hyatt Mayor (Metro politan Museum of New York) an *Prints and the Print Markets* by The odore B. Donson (Thomas Y. Crowe Co., New York).

(continued

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eriences with new friends
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ntally. If Derrick is not
full program, consider a

want, that's
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should be asking.
If she wants a career in publishing or science, obviously college will help prepare her. But in many other fields there are alternatives to college. Does she see herself in art, music, dance, drama, computer work? Look into specialized schools. Does she want to develop a craft like carpentry, pottery or weaving? Help her find an artisan to whom she can apprentice. Or maybe she simply needs a year off after high school to determine what she wants. She may change her mind about college, but if not, don't try to push her into the future you may envision for her. **End**

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GENERAL ELECTRIC



Bette Davis Super Star, Still Shining Bright

Bette Davis talks about the two great loves of her life—family and career—with Gene Shalit.



At left: Two scenes from the TV movie, Family Reunion, *airing this month. Davis keeps her far-flung family together, with the help of a young friend, played by her grandson, Ashley Hyman.*

Roll out the rhapsodies, here comes Bette Davis: explosive, alluring, defiant. She has seen it all, surmounted all, and now, sweeping past 73, she stands, large eyes blazing, a cigarette in her lips, a hand on her hip: majesty triumphant. She strides through the elegance of her midtown Manhattan suite, preceded by her swirls of puffed-out smoke, wearing a khaki cotton dress and a red wool cap with an odd loop on its top. Her words are clipped with bitten final consonants—words that fly like red-hot ingots.

"*Hair*! I spend so many hours of my life having my hair done that when I travel I wear this cap. My glasses go in the loop."

She is in New York to star in *Family Reunion*, a film inspired by an article in the *Journal* two years ago. (The film, produced by Lucy Jarvis for Creative Projects and Columbia Pictures Television, will be shown in two parts, May 11 and 12, on NBC-TV.) She portrays a teacher, retired but not retiring, who visits members of her far-flung family, from a senator in Washington to a small-town tinkerer. When she uncovers a family plot against her, she convenes a huge reunion that arouses conflict and romance—a confluence of greed and deed that sets a new path for the family's future.

In life, *family* means a great deal to Bette Davis. She is especially pleased with this project because her own grandson, 11-year-old Ashley Hyman, has a principal role as her favorite pupil, a lad who accompanies her on her family sojourn and plays a pivotal part in the reunion's resolutions.

Miss Davis' hotel suite is framed with family—photographs of homes away from home, including her grandsons, Jason, 3, and Ashley, the sons of her daughter, Beedee, short for Barbara Davis.

"I think I'm a rather nice grandmother," Bette Davis says. "Grandparents can spoil children terribly. You mustn't possess your grandchildren just because they came out of your child. They belong to Beedee and her husband, Jeremy, as far as I'm concerned. A lot of grandmothers take the kids for the weekend and buy them everything and [*the Bette Davis laughter envelops the room*] it takes months to get them back in shape. Ashley and I spent one day a week together from the time he was two years old, and I abided by every kind of upbringing that Beedee and Jeremy had for him. So I am still allowed to *have* him. If I had been ridiculous and given him a thousand presents I don't think they'd have let him come and visit me, and I wouldn't have blamed them. *I* was very fussy about what kind of adult was with *my* children. I have given up friends because they were such idiots with my children.

"*My* mother disagreed completely with the way I brought up *my* children. Totally disagreed. But that was the era of 'children should be seen and not heard,' and God forbid if any child should stand up to a parent and say 'I think you're wrong,' which I thoroughly believe in. We are human beings and we can be wrong. But in *my* day *no* parent was wrong. Mother totally disagreed with me, but I don't think that I spoiled and yessed my children. I was a very tough mother. Still, I felt they should be able to use their brains and feel free with you. Then you end up friends."

I smile. Bette Davis *tough*? All *right*! Now *that's* the person we've all seen on screen. I tell her why I'm smiling and what I'm thinking.

"Wait," she says. "Tough, yes, but I was fair; as fair as anybody can be. And believed *(continued)*

"There are a few things in my closet wouldn't trade for anything."



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Bette Davis

continued

mightily in letting them make their own mistakes, sometimes. You can give advice as they grow older, you can state your case and, if they don't agree, *then* you've got to say, 'Well, find out!' So both my son, Michael, and Beedee went off into the world as independent, secure people. That's really the biggest thing you can give children: security. And the hardest."

I remark that movies have gone through convulsions since her most glorious days.

"I pity young actresses today. I pity them having to strip."

If a script had required her to strip, would she have? Her eyes flash.

"Never! *Never*! I was on a set only once with a girl playing a part in a film of mine stark naked. I couldn't *believe* anybody could do this. Oh, I was in a state of absolute *horror*. She wasn't embarrassed at all, or if she was she didn't show it."

Bette Davis was born April 5, 1908, in Lowell, Massachusetts, about 30 miles from Boston. She was christened Ruth Elizabeth and was called Bette from earliest months.

"My mother and father were divorced when I was six, which I think was right. My father didn't want us. He didn't care *a'tall* about little children. Lots of people don't like children. One intelligent thing that's happening today is the acknowledgment that it's not the end of the world if a couple does not have children if they don't really want them. And women now can *decide* if they'd rather have a career than children. Very hard to manage both."

But you did it.

"Yes, but remember, my career was made by the time I had my first child. That was when I was married to the artist, William Grant Sherry. I didn't give birth to Beedee until I was thirty-nine. I was not working very much any more. Maybe one or two pictures a year. So I basically spent all their growing-up years bringing them up. I didn't have to have the career *dedication* any more to *get* there. *That's* the absorbing time. Can't split it with a family."

Only two people in the movies knew how to smoke, Bette Davis and Humphrey Bogart. I asked when she began to smoke cigarettes.

"Oh, a long time ago. When I first went to California. On the few times I'd go out I didn't drink, I didn't smoke, I didn't use makeup. I was just a very silly looking person as an actress. I thought 'What can I do?' So I thought if I learned to swear and smoke cigarettes they would think I was an actress. That's really why I started. I discovered that I could do a lot with a cigarette in drama. I use them for great dramatic points for some characters. And *if* the character I play smokes, I don't just have one cigarette in the film; I smoke *all* the way *through* the film. I don't just take two puffs and put it down. I *smoke*. I never inhaled, which gave it a very peculiar look, because the cigarette would come back out of my mouth immediately. I certainly made an impression with smoking!"

I ask if there was one specific moment in her life when she said, "Okay, the trial period is over; I've made it."

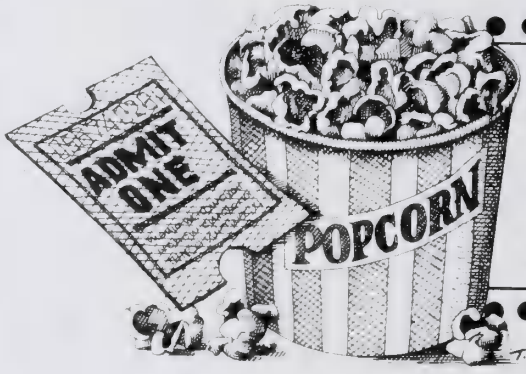
"*Jezebel*." The answer comes as fast as that, in a cloud of smoke.

"*Jezebel*!" I say. "Well, my goodness, that's 1938, three years *after* you had won your first Academy Award for *Dangerous* in 1935."

"You see," she responds, "*Of Human Bondage* [1934] was the first step on the ladder. That was the first time I had been given a chance really to give a performance. But 1938 was the first time I worked with the director William Wyler and made *Jezebel*. It was solid from th on. It was *there*."

She has crossed the room and sta next to the photo of her grandsons wonder what she wishes for them.

"I hope they will find the profess that makes them the happiest, that th will be successful, that they will ev tually have good marriages, that they'll happy. But *mostly*, contented with *job* they're doing, and *like* what they e their living from. I think that's the m important thing in the world. W lucky. I'm sure you love yours, certai I've loved mine. Think of the people w can't *stand* their jobs. Those people I p the most in the whole world. Rememb the most steadfast friend is your wo Apart from my children, my work h been the big romance in my life. question about it. It really stands by y You have disappointments in your w and your ups and downs, but *it* is *th* when all else fails." **E**



GENE SHALIT AT THE MOVIES

What to See & What to Flee

THE DOGS OF WAR. Christopher Walken leads American mercenaries hired to overthrow an African government in this version of Frederick Forsyth's best-selling novel. Brutal, riveting, suffused with the smell of truth.

CHARLIE CHAN AND THE CURSE OF THE DRAGON QUEEN. There have been 44 Charlie Chan pictures, and this one doesn't even make the Top 40. Peter Ustinov is engaging as the oriental sleuth, but the mystery is scrutable.

AMERICAN POP. A full-length animated feature by the explosively innovative Ralph Bakshi. A cavalcade of American popular music expressed through four generations of entertainers. Realistic, exhilarating and definitely not Disney.

THE JAZZ SINGER. The 1927 classic corrupted by Neil Diamond, who acts almost as well as a herring walks. Laurence Olivier stumbles as his rabbinical father (accents will happen), and Luci Arnaz is the girl who converts him from Deuteronomy to disco.

EYEWITNESS. A janitor (William Hurt) falls for a rich and social TV newswoman (Sigourney Weaver). Their appealing performances rise far above this ho-hum whodunit.

THE EARTHLING. William Holden and Ricky Schroder stuck in a listless, lifeless story about a lost boy and a dying man in the Australian wilderness. This kind of pumped-out product gives G movies a bad name.

FROM MAO TO MOZART. Isaac Stern, master violinist and masterful world personality, is the star of this breathtaking documentary filmed in China. You'll be astonished by the eight to 11 year olds who are virtuoso instr mentalists; by the leaping gymnasts, demon Ping-Pong players, a Chinese orchestra to ling "Oh, Susanna," Peking vaudeville a enough glorious music to melt every hea What a treat!

THE FORMULA. Marlon Brando (tycoo and George C. Scott (detective) are relentle antagonists competing for synthetic fuel s crets. Hard to follow and hard to swallow.

BREAKER MORANT. A taut and ting courtroom drama based on an infamous cour martial. The odd name of this outstanding fil refers to an army lieutenant named Moran famous for breaking wild horses.

THE INCREDIBLE SHRINKING WOMAN Lily Tomlin is diminished by this foolish com edy about a woman so tiny she slips down th sink disposal. Next time I hope she's Sanforize

CADDIE. The time is 1925, the place is Au tralia, the heroine's name is Caddie. She ha left her deceiving husband and her goal is t make it on her own with two preschool tots i an era (small letters) when women were sup posed to be entirely dependent on their hus bands. If there is such a thing as a woman picture, this is it.

FORT APACHE, The Bronx. Paul Newman i compelling as an Irish cop, and Ed Asner is hi captain in New York's crime-clogged South Bronx. The film is strewn with obscenities drugs, prostitution and point-blank murder Tough stuff.

SPHINX. Get out the rhyming dictionary.

POPEYE. Shelly Duvall *is* Olive Oyl, but the res of this ramshackle production is spinach. **End**



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ow Tunnel Cake

uncan Hines Deluxe
ngel Food Cake Mix
1-12 oz. container
en whipped topping
1½ cups milk
½ oz. pkg. chocolate
instant pudding mix

e cake as directed. Slice 1 inch layer off Gently hollow out a h in cake 1½ inches and 2 inches deep. ake from trench into all pieces. Combine k and pudding mix. n low for 2 minutes. ake pieces and 1¾ cups of topping into ling. Fill trench with ure. Replace top of . Spread remaining ing over sides and top. Chill until set.

Almond Squares

1 Hines Pudding
White Cake Mix
kg.

ure)

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ch pan.
am the
nd
add
eat until
Spread cream
ixture on top. Sprinkle
nds. Store in refrigerator.





Peach Snowball

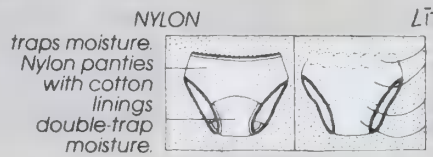
1 Duncan Hines Deluxe II White Cake Mix
1½ qts. vanilla ice cream
1 can (21 ozs.) peach pie filling
3½ ozs. flaked coconut

Bake cake according to package directions in a 13X9X2 inch pan. Cool. Cut into 2½ inch squares and place in dessert dishes. Top with a scoop of ice cream, peach pie filling, and sprinkle with coconut. Serve at once.


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Beauty Journal



Make the most of merry May—shine your hair; save time with a beauty trick or two; try something brand-new.

Calling All Conditioners

Day-to-day living in sun, wind, pollution can play havoc with hair, making it dry, flyaway, unmanageable. Curlers, blow-dryers, perms, coloring compound the problem. With a little care, you can have silky hair. How? By finding the conditioner that's right for you. It works by smoothing the outer layer of hair to produce lustre and separating strands (makes hair easier to comb). Regardless of hair type you probably *need* a conditioner. Even if your hair seems healthy now, extra help will keep it that way. Experiment to find one that works best. Here's a rundown. • *Instant conditioners* are usually applied right after shampooing, left on about 60 seconds, rinsed out. They add bounce and shine, make hair untangle easier. Examples: Enhance by Johnson Wax, Flex by Revlon, Ultra Rich by Loreal. • *Deep conditioners* penetrate more, are intended for permed or colored hair. Great as a beauty-treat for all types or for giving life to dry or troubled hair. Set aside part of an evening once or twice a month, apply to damp hair and relax while it does its stuff. Some take 5 minutes, others up to half an hour. Climatress and Extreme by Redken, Kolestral by Wella and Clairol Condition fall into this category; come in tubes, jars or one-application packets. • *Hot oil treatments* work well on bleached, tinted or permed hair. Use about twice a month for extra softness. VO5 and Ogilvie make good ones.

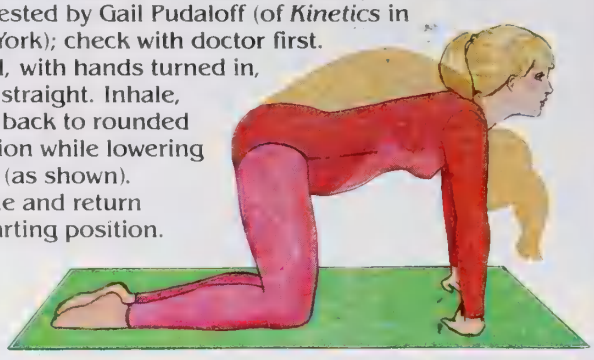
Short Cuts

It's suntime, funtime—and you'll want to enjoy every free second. Here, some tips to keep beauty fuss to a minimum without scrimping on good looks. • A neutral (sand, mocha) or a pale (hint of pink, coral) polish will go with everything. No need to switch polish when you switch clothes. Lighter shades last longer too—you'll need fewer manicures. • Office bound? Keep two complete sets of makeup—one at work, the other at home; and you'll always have a fresh face at your fingertips. • Put mascara aside for the summer—have your eyelashes professionally dyed. It's easy, waterproof and looks natural. • Ask your hair stylist for an easy-care cut you can dry without a blower (saves energy and time). • Find a special pair of classic earrings (pearl studs, simple hoops) to wear every day—no need to hunt for a color-right pair on a rushed morning.

Exercise of the Month

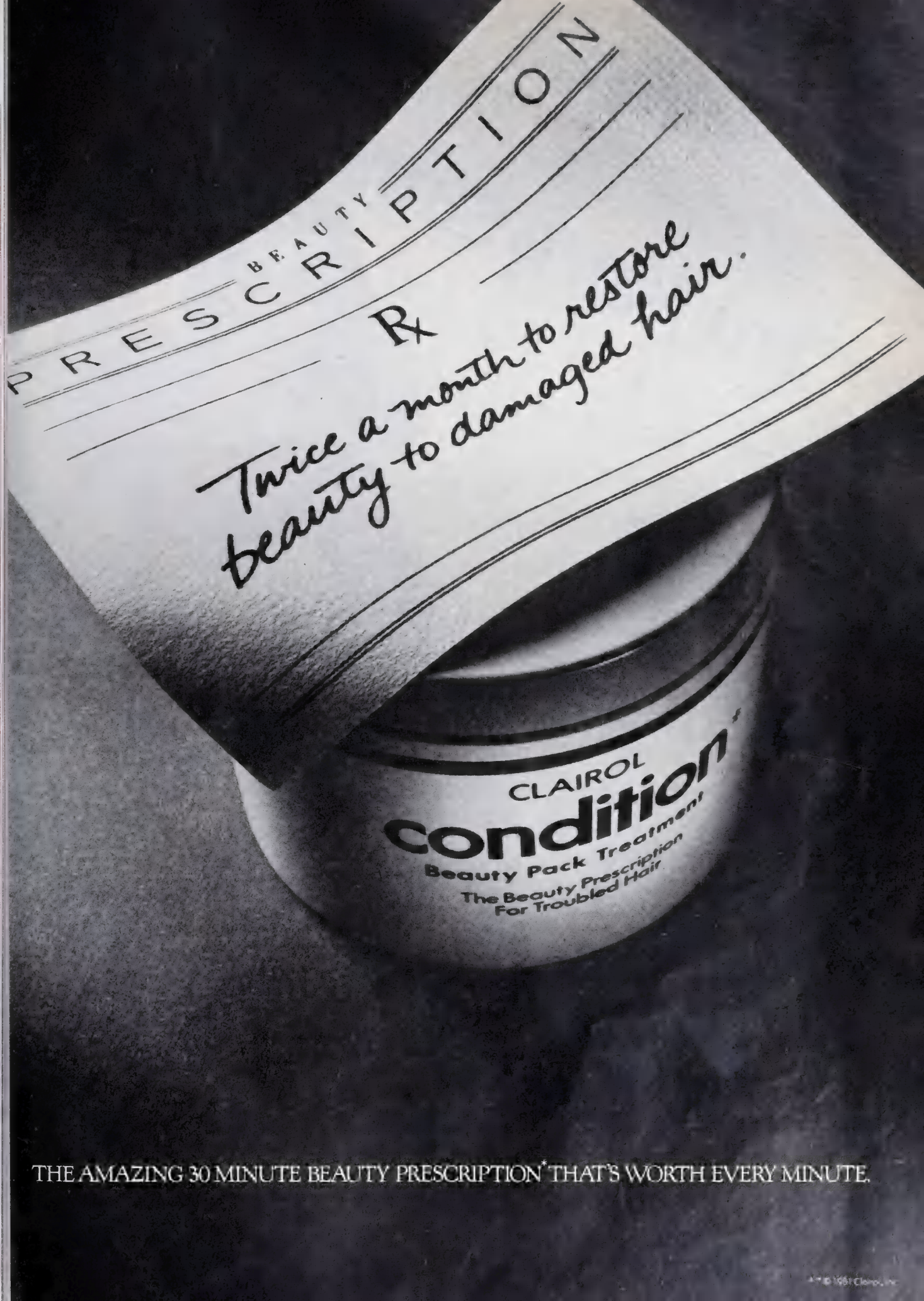
Q. I'm five months pregnant and lately find my lower back feeling achy and fatigued. Is there a safe exercise I can do to relieve this tension? M.B., Bend, Ore.

A. Try this relaxer developed for pregnant women suggested by Gail Pudaloff (of *Kinetics* in New York); check with doctor first. Kneel, with hands turned in, back straight. Inhale, raise back to rounded position while lowering head (as shown). Exhale and return to starting position.



Discoveries

A mixed bag of beauty goodies—from sensible to sensuous. • You *can* take it with you. . . a slim, twist-up stick of fragrance to tuck in the tiniest of bags. Jontue Perfume Glissade, $7.50. • Attention-getter—flaunt ten luscious nails (and toes, too!). Perfect summer-bright color: Fresh Orchid, with built-in base coat, sealer; one of 28 ManiCure Nail Colors by Maybelline, ½ oz., $1.35. • You'll see this new hair-care system popping up in professional salons all over. Sleek and sophisticated, it offers 3 services: gentle, 6-minute perming; smooth hot rollers to style hair without damaging; and a new body treatment to give support without curl. Ask your stylist about the UniPerm Precision Styling Center from Helene Curtis. • Warmer weather means more skin showing. For smooth, silky legs, lather up with the zing of crisp apples (makes shaving fun!). One sniff and your man will want to use it too. Colgate Instant Shave, Apple, 11 oz., 99¢. • Dot-to-dot. Dab on creamy, liquid eye color, then smooth in for a shimmery gleam. Iris, our favorite: a muted purple. Water resistant, Maquiriche Creme/Fluide Eyecolour by Lancôme, in seven shades, $7.50. • Scrub-a-dub with an oversized "mitten" that does double-duty—terry side for tender spots; fiber side for tougher sloughing. 2-in-1 Cleansing Mitt by Mod, $2.99. • To make the most of the skin you're in—smooth rich lotion over every inch. Wonderful for after-bath or shower to "lock in" moisture. Prescriptives Moisture Barrier Body Lotion, 8 oz., $17.50. • Glamour evenings call for sparkly, seductive fashions *and* fragrance. Designer Halston calls his new fragrance "strong, direct, alluring." We think it's exotic, yet fresh—to wear anytime. Halston Night Cologne Spray, 2 oz., $25.



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Nothing's wrong with wanting to look as lovely as you can . . . unless that concern becomes an obsession.

By Theodore Isaac Rubin, M.D.

Putting Looks in Perspective

What woman isn't certain she'd be happier if only her skin were smoother . . . figure shapelier . . . cheekbones more prominent? I've observed in my practice that few people—no matter how beguiling others find them—are contented with their looks. And although being attractive is certainly desirable, I wonder whether society hasn't stressed the value of appearance out of all proportion. The great majority of individuals not blessed with near-perfect features may wind up feeling less than worthwhile simply because they can't live up to an unattainable ideal.

The source of these attitudes isn't hard to identify: we're taught to value external attributes from an early age. Fairy-tale and film heroines are invariably beautiful. Pretty classmates are favored by insensitive teachers, and unthinking relatives may dote on more winsome siblings. During adolescence, peer pressure to conform to the current mode becomes stronger than ever, and this input can lead to crippling self-criticism and distorted self-perception. When these impressions are carried into adulthood, they can negatively affect competence as well as social skills: a person who believes herself to be undesirable is likely to apply that lack of confidence to other areas. What a tragic, unnecessary waste of potential!

Common-sense concern. Of course, I'm not saying looks should be ignored altogether. Doing what we can to make ourselves appealing helps make us pleasing to others and can even ease some of life's struggles, because, like it or not, we're all guilty of drawing conclusions about others based on superficial characteristics. Moreover, from my point of view, virtually every woman has the capacity to look attractive. Few are born beautiful—many glamorous women got that way via skillfully applied makeup and carefully chosen clothes, and these resources are within the reach of just about anyone.

I don't mean to imply that you should force yourself to wear contact lenses if they scratch your eyes, seek plastic surgery if you panic when you pass a hospital, or be reed-thin if you feel faint on 1,200 calories a day. Yet outward appearance does reflect inner attitudes. Someone who pays healthy attention to fitness and grooming is in effect saying to the world, "Respect me—I respect myself."

Even so, excessive preoccupation with looks becomes counterproductive—a self-involved person is poor company. Whether she spends her hours brooding over her imperfections or polishing a pretty facade, other aspects of character end up neglected, and though the illusion of beauty may be present, little else is there to back it up.

Ironically, such narcissism masks low self-esteem—it's the woman who doesn't feel accepted the way she is who's compelled to spend the most time "fixing herself up." Any praise garnered by this primping will only be addictive, however. When a child has grown up with reinforcement based on looks alone, she lacks motivation to develop resources within herself, and as an adult, she'll remain dependent on others to shore up her feelings of merit. And because this woman lacks a strong identity, no amount of admiration will be enough to convince her she's truly valued. In some cases, her doubts may be justified, if those who seek her company do so because they covet the prestige of being seen with a beautiful woman. Then she's reduced to "trinket" status, a pretty item to be discarded when a new "collectible" appears on the scene—a lonely prospect indeed.

Beauty from the inside out. In contrast, let's consider genuine beauty, which has far less to do with external packaging than with inner life: qualities such as humor, compassion, thoughtfulness, tact, insight. Development of these traits involves risk—the willingness to test ourselves in unfamiliar situations, listen to divergent opinions, become responsive to the surrounding world. Cultural enrichment also nurtures this inner growth: ideas expressed through art, music and literature stimulate our creativity and challenge us to forge our own philosophies.

As we strive to achieve just such a balanced perspective, let's make sure our daughters and sons flourish in a similar way. They'll confront the pressures for conformity that we all face, but we can ease their adjustment by demonstrating that though some attention to the superficial may be called for, a stable, confident sense of self is far more important. Our children's thoughts, feelings and opinions should be taken seriously from the start and, even more essential, these youngsters must have the assurance that they're loved not for achievement or appearance, but unconditionally—"as is."

However physically "beautiful" any of us may be, development of the whole personality strengthens trust in self. This attitude in turn creates an inner radiance—a relaxed, accepting outlook that never fails to draw others to us. In addition, as our focus broadens, we increase our awareness of the needs and feelings of others . . . and that sensitivity is the most attractive quality there is. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. His most recent book is "Reconciliations: Inner Peace in an Age of Anxiety" (The Viking Press). If you have questions you would like Dr. Rubin to answer in this column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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DANGER ZONE

When Parents Fight Over Kids

Children are the cause of a surprising number of marital battles. Here are the reasons why, plus a quiz to test your teamwork as parents.
By Sally Wendkos Olds



- Every time you put your six month old down for a nap he howls the minute you leave the room. Would you pick him up? Would your husband agree with your decision?
- Your older daughter pleaded to take ballet. Now that you've enrolled her in a series of expensive classes, she refuses to go. Would you insist she keep at it? Would your husband?
- Your high school sophomore has been smoking marijuana with his friends. Would you forbid him to see these friends? Would your husband?

Chances are you and your husband don't always see eye-to-eye on sticky child-rearing questions. In fact, say family researchers, if you're like many couples, you fight more about your children than any other subject. "Differences in child rearing may be more central than anything else in a marriage," says Dr. Harold Feldman, professor of Human Development and Family Studies at Cornell University. "These issues go right to what the parent thinks life is all about and it's hard to compromise on that."

To explore the often festering family feuds, Dr. Feldman devised a test. He posed a number of typical child-rearing dilemmas, including the three above, to 35 couples. In his original test sample, no husband and wife were in complete accord. Those with the most compatible views still disagreed on nearly a third of the test items. The majority scored far lower. To see how similar you and your husband's views are, take Dr. Feldman's test on page 54.

Dr. Feldman, who has long been concerned with how children affect our marriages, isn't surprised at the test results. No two people, he says, were raised in exactly the same way. We all carry preconceived notions about parenting from our childhood.

Alice Miller, for example, was the overprotected only child of two Philadelphia lawyers. As a result, she constantly tries to shelter her seven-year-old son, Jason, from too much horseplay. Her husband, Matt, who grew up in the rough and tumble of a large family on a Wisconsin farm, accuses Alice of turning Jason into a "sissy."

Sometimes when our own childhood has left painful memories we desperately compensate by trying to make life perfect for our children. Whenever Brian Garson corrects ten-year-old Melanie, his wife Cynthia becomes furious. Hearing even the mildest reprimand, she flashes back to her own mother's harshness. Brian, in contrast, blames his own younger sister's immaturity on his parents' leniency. He's determined not to repeat what he sees as their grave mistake.

Often the discord is rooted deep within the parents' own psyches. As children pass through stages in their development, they trigger their parents' dormant fears. Issues that the adults have never resolved for themselves spring to the surface.

"One couple may have trouble adjusting to the birth of a new baby. Another may be unable to help a kindergartner feel comfortable outside the family, and still another may have difficulty dealing with an adolescent's burgeoning sexuality," says New York psychiatrist Harvey White, author of *Your Family is Good for You.* "It all depends on what happened in the parents' own life at that stage."

The birth of their first child signaled trouble for Nella and Richard Hartnett. Nella, neglected by a mentally ill mother and a cold, rejecting father, had long blocked her sense of abandonment as a small child. But now, when she hears her infant son cry, the pain comes rushing back. To find her own security, she comforts her son to the exclusion of everything else—including her husband.

But Richard Hartnett has his own childhood demons. When his baby sister was born, he felt pushed aside—and the same feeling returned when his baby was born. Richard reacts by complaining about the time his wife "steals" from him to give to the baby.

"The quarrels that arise are not isolated incidents," says Dr. White. "They involve the entire family. It is a whole orchestra playing, not just one violin, as people try to solve problems from their own childhoods—or even from their parents' childhoods."

Some child-rearing arguments, however, simply reflect a lack of experience with children. In an era of small families and late childbearing, few *(continued)*

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couples have much contact with youngsters before they become parents themselves. Unfamiliar with children's behavior, they have unrealistic expectations of their offspring.

"If your husband has been calling your two year old a thief," says psychiatrist Stella Chess, author of *Your Child is a Person*, "he needs a little knowledge about children's moral development. You can't expect a child of this age to understand the concept of private property. You need to recognize the child's limitations."

In still other cases, children become fodder for fights only because husbands and wives are afraid to come to terms with tensions between themselves. "The disagreement is really between the parents," says California psychologist George R. Bach, author of *The Intimate Enemy*. "The child is only the battleground."

The fights between Bob Klein, a Chicago plant manager, and his wife, Barbara, reflect this form of avoidance. Bob feels neglected by Barbara, but won't tell her. Instead he deflects his anger onto Kevin, his eight-year-old son. "Kevin's hair is growing over his ears and his sneakers are falling off his feet," he harps at his wife. "You find time for everything else—your job, your mother, even your girlfriends. But you don't have time for your own son."

Hearing his parents argue about him, Kevin blames himself for the family friction. He has become a troubled, difficult child. His confused and *(continued)*

THE CHILD-REARING QUIZ

Here's a chance for you and your husband to measure your compatibility as parents. Below are 20 problem situations that you should answer on a scale of 1 to 4 as follows: 1 = definitely no; 2 = maybe no; 3 = maybe yes; 4 = definitely yes. One of you should read the situations aloud and circle the appropriate number in the magazine. The other spouse, sitting across the room so he or she can't see the other's answers, circles his or her answers on a separate piece of paper. Now, you each add up your separate score. Then, subtract the lower number from the higher number. The difference is your compatibility score. Evaluations of what the score means appear on page 57.

1. *Your two month old hasn't been fed in more than five hours. But she is sleeping peacefully. Do you wake her?*

1 2 3 4

2. *You usually take your three-month-old son for a stroll, but today it's cold and wintry. Do you keep him inside?*

1 2 3 4

3. *When you put your six month old down for a nap, she cries. After you check her, do you let her continue crying?*

1 2 3 4

4. *It's your three year old's birthday. He usually plays with cars and trucks. Do you buy him a doll?*

1 2 3 4

5. *For several days you've tried to toilet train your two year old. She reacts by wiggling off the seat and withholding her bowel movements. Do you insist she stay put?*

1 2 3 4

6. *While you're shopping, your five-year-old son wants a trinket from the vending machine. Do you buy it for him?*

1 2 3 4

7. *Your one year old throws a cup of milk on the floor. Do you refuse to fill her glass again?*

1 2 3 4

8. *Your six year old likes to play with his big brother's toys, even though the older boy has told him not to. When the younger one is home sick one day, you find him in his brother's room playing with the toys. Do you allow him to stay there just this once if he promises to be careful?*

1 2 3 4

9. *Your 12-year-old daughter has pleaded to take ballet lessons. After two months, she says she feels clumsy and wants to stop. Do you insist she continue?*

1 2 3 4

10. *Your seven-year-old son stole $2 worth of candy from the dime store. Do you tell him you'll overlook the misdemeanor if he promises not to pilfer again?*

1 2 3 4

11. *Your eight-year-old daughter is afraid to go to school because another girl bullies her at the bus stop. Do you tell her she has to learn to fight her own battles and insist that she go?*

1 2 3 4

12. *As soon as he comes home from school, your ten year old sits down to watch television. He stops for dinner, then goes right back. Do you let him watch as much TV as he wants?*

1 2 3 4

13. *Your 11-year-old daughter is supposed to make her bed every morning. But about half the time, she neglects to do so. Do you insist that she make the bed even though she'll probably be late for school?*

1 2 3 4

14. *You are planning a family trip. Do you give your 13-year-old son an equal amount of say in making the decision?*

1 2 3 4

15. *Your 13-year-old daughter already has one pair of expensive designer jeans. She says she wants another pair. Do you decide not to buy them for her?*

1 2 3 4

16. *The weather gets cold and you ask your 13 year old to wear a sweater when he goes outside. He says he's too embarrassed: None of the other children are wearing sweaters. Do you let him go out without it?*

1 2 3 4

17. *You told your 13 year old to lock up her bicycle. But she forgot and the bike was stolen about two months ago. Do you buy her a new one for her birthday?*

1 2 3 4

18. *You discover that your 15 year old has been smoking marijuana with some of his friends. Do you forbid him to see these friends?*

1 2 3 4

19. *You have 12-year-old twins, a boy and a girl. The boy prefers outside work such as gardening. The girl likes indoor chores such as dusting and laundry. Do you regularly suggest they rotate jobs?*

1 2 3 4

20. *The family had plans to go to the park on Sunday afternoon. On Sunday, your 14 year old insists on meeting her friends instead. Do you let her go?*

1 2 3 4

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When Parents Fight Over Kids

continued

guilty reaction, say the experts, is common. In an effort to save their parents' marriage, children will often try to focus attention on themselves. They may get into trouble at school or develop psychosomatic illnesses.

Children actually seem to absorb their parents' tensions, shows a study by Philadelphia family therapist Salvador Minuchin. In research with diabetic youngsters, Dr. Minuchin drew blood samples from the children and their parents in order to gauge their stress levels. The children's stress levels soared when they were with a tense parent.

When children manipulate parents

As tensions grow between parents, the children can make matters worse. They capitalize on the rift and play one parent against the other. While the children may gain a momentary sense of power, they lose the sense of security that comes from having two strong parents.

"Sometimes my children would ask me for something, not telling me that their father had already said no," recalls Dr. Chess. "As soon as I found out, I would tell them my 'yes' didn't count, because they hadn't been straight with me. And they soon learned they couldn't get away with that sort of thing."

The rebellious adolescent years, in particular, require a united parental front. "More than at any previous time in marriage, it's crucial to operate as a team," says psychotherapist Laura J. Singer in her book *Stages: The Crises That Shape Your Marriage.* "A couple must come to mutual decisions about their own values and their expectations for the adolescent. They must take steps to avoid being divided or sucked into collusion with the youngster *against* each other."

Witnessing an occasional parental argument is not damaging—as long as it's clear to children that they are not the cause of a major split. It even has subtle benefits. They will understand that people can be angry with one another but still work out their problems. And they will see that Mom and Dad are two separate people, with their own opinions, attitudes and feelings.

"Children can learn that when you're with mother, you do one thing, and with father, you do another," says Chess. "This is part of socialization, just as you learn that there are certain people you can kid around with and others who would take offense."

Resolving the differences

While it's realistic for children to see parents as individuals, they must know that the two are a team. On extremely touchy or potentially explosive issues, parents should make sure they iron out their differences behind closed doors. "In a healthy family," says psychiatrist White, "the strength rests in the alliance between the adults."

To cement that important alliance, experts recommend learning about child development, about yourself and your spouse. Since so many quarrels about children involve carryovers from both partners' lives, it helps to learn more about where these feelings come from. One way for each of you to do this is to go back to where it all began: your family.

"Go to every family reunion—every wedding, every party, even every funeral—and take your children," urges White. "When you are there, ask questions. What were you like as a child? What was your husband like? What were both your parents like?"

Dr. Feldman suggests an approach that he used successfully with the couples in his study at Cornell:

1. First take the couples' quiz that appears on page 54. Compare your answers with your husband's and choose one dilemma that you disagree on. Your husband should present his point of view briefly while you listen without interrupting. When he has finished, restate his case in your own words until he is satis-



fied that you understand his position. Then you explain your opinion while he listens and rephrases.

2. This time, role play, using the same dilemma as above. For example, you may play the part of your husband. He then becomes the child. Each of you should express what you think and feel while in the other's shoes. After one run-through, switch parts. Now your husband pretends to be you and you take on the role of the child.

3. Now discuss the dilemma. But before you talk, think about alternative solutions to the situation. Say, for example, you had focused on what to do when your child smokes marijuana (question 18 on the quiz). Consider how each of you could have responded differently. How can a compromise be reached? Is there a way for each to give a little?

Even an old-fashioned, heart-to-heart talk helps, as New Yorkers Steve and Susan Newman found. When their first child, Andrew, was born, Susan left her high-powered job in personnel and became a full-time mother, in itself an exhausting undertaking. Steve would come home and give Susan a detailed account of his hectic business day. Susan tended to fall asleep while Steve was talking to her. "I'm drained at the end of the day," she finally told Steve. "You're making demands on me instead of pitching in with the baby."

The two were at an impasse until they began talking about ways to adjust. Susan realized that she didn't want 24-hour responsibility for Andrew. And Steve admitted that he resented his own unfamiliarity with babies.

"I realized that I'd never get to like my kid if I didn't get to know him," said Steve. Now the young father takes every opportunity to feed and bathe the baby. And when he comes home from work, Susan is an eager listener.

No one can talk too much—or too soon—about child rearing. Says Dr. Feldman with a laugh, "Maybe a courting couple, alone in the dark, should use that time to talk about toilet training." And no one should be afraid to seek the help of a professional counselor when child-related issues consistently create dangerous sparks. After all, say the experts, there's a lot at stake. Children not only test our mettle as parents—they also test our marriages. **End**

What your test score means

If your total difference is **0-15:**

Congratulations. You have a high level of agreement. Couples in this range share common views on many issues and probably come from similar backgrounds.

16-24: Not bad.

Your attitudes are similar enough that you can easily arrive at compromises. You're probably also good at talking about other ticklish topics, such as money and sex.

25-36: Caution.

You differ more than you agree. Rethink your overall goals and how you might compromise.

37-60: Danger.

You'd do well to explore together the role of children in your life. A score at this end of the scale may well indicate other serious problems.

If you would like to help Dr. Feldman with his research, please send both answer sheets plus scores to Dr. Harold Feldman, Dept. of Human Development and Family Studies, Cornell University, Ithaca, N.Y. 14850. Include the following information for both people taking the test: age, years of education, marital status, numbers and ages of children, years married or in long-term relationship. To show his appreciation for your assistance, Dr. Feldman will send a free copy of the results of his study when it is completed, if you include your name and address.



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It's time to plant LETTUCE

Would you believe $75 worth of lettuce from a 59¢ packet of seed? It's so easy, anyone can do it. Here's how. Text and pictures by Walter Chandoha.

The nice thing about lettuce (there are a dozen or more varieties) is that it can be grown throughout most of the United States six to nine months of the year, and it can be grown wherever space is available. In the vegetable garden in neat rows is obvious. And because lettuce grows so fast, it can also be planted in between slower growing vegetables like broccoli, cabbage, peppers and tomatoes. If you don't have a proper vegetable garden, plant lettuce in among flowers, in foundation plantings, in herb and rock gardens. If no garden area is available, lots of salad greens can be grown in containers both indoors and out.

What lettuce likes

Lettuce thrives when the nights are cool and moist and the daytime temperatures are in the 50s and 60s—typical spring and fall weather. In fact, lettuce will even tolerate light frosts and will survive temperatures in the high 20s. Lettuce likes lots of water, the equivalent of one to two inches weekly, and grows best in a humus-rich soil, fortified with nitrogen and lightly limed. I add both compost and rotted horse manure to the soil but, if you lack these, use fertilizers with a high first number like 10-6-4 or 10-5-5.

Conversely, lettuce cannot take hot weather. Once the temperatures consistently stay over 75°–80°F., it tends to bolt. You'll know your lettuce is bolting when the plants start to elongate, and a stalk emerges topped with pretty yellow flowers. When this happens dig up your lettuce and compost it. It will be bitter and not worth eating.

When to plant

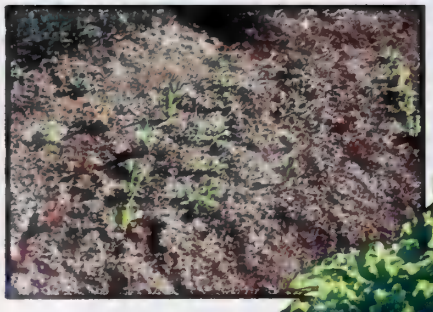
In the spring lettuce can and should be planted outdoors early—just as soon as frost is out of the ground. Another way I get an early start is to prepare the bed in fall and sow seed in January or February while the ground is still frozen. As the ground alternately thaws and freezes the seed works down into the soil, and when the time is right it germinates.

Sown in August or September, lettuce develops a good root system in summer-warmed soil and will continue to grow well into November and even into December in not-too-cold areas of the U.S.

A suggestion: If you intend to plant lettuce and other salad greens in the fall, buy seed in the spring, for most retailers are sold out by mid-summer. You can, however, mail-order seeds any time of the year from catalog houses like Burpee, Park and Gurney.

Preparing seedbed for planting

Lettuce is shallow rooted and needs lots of nourish- *(continued)*



Small picture shows start of author's lettuce garden; large picture, 45 days later. From bottom left, moving up, are nine lettuce varieties: Iceberg, salad bowl, prizehead, romaine, curly endive, chicory, ruby, Boston, black-seeded Simpson.

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s so beautifully with fruit.

NANA CRUNCH SALAD

mbine 1 qt. torn spinach, 2 Dole bananas, chunked, ½ cup chopped
sted walnuts and 3 crisply-cooked bacon slices, crumbled; toss lightly.
ve with KRAFT Russian Dressing with Pure Honey.

NANA SPLITS

mbine 1½ cups cottage cheese and ½ cup toasted coconut; mix
tly. Chill. Combine 1½ cups chopped pineapple and 1 cup strawberry
ves; mix lightly. Slice 4 Dole bananas in half length-wise. For each
ad, arrange banana slices in lettuce-lined dish. Scoop
age cheese mixture into dish; surround with fruit.
ve with KRAFT French Dressing.

Kraft Salad Days are here



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TWO NABISCO SNACK CRACKERS TASTE EVEN BETTER THAN ONE!

LETTUCE

continued

ment in the top six inches of soil. *Before* planting I enrich the seedbed with compost, rotted manure, wood ashes and a high-nitrogen fertilizer. These nutrients are mixed and blended into the top soil, then the bed is raked smooth and it's ready for planting.

My garden is laid out in four-foot-wide raised beds of varying lengths. For a six-foot-long bed I use a half packet of seed. To get an evenly spaced planting I mix seed in a coffee can full of sand, which I sprinkle over the bed. If you plant in rows, the coffee can trick is still a good one. The seed is just barely covered by lightly running the back of a rake over the bed several times. Immediately after planting, water the bed with a fine mist. Repeat this gentle spraying every other day for a couple of weeks. Thereafter, water weekly.

Depending on weather, first sprouts will come within a week or ten days.

As the seedlings make good leaf growth, they will quickly begin to crowd each other. I thin the bed by pulling clumps of plants and using the young, tender leaves in salads. This thinning process continues until the remaining plants have a foot of space between them.

Incidentally, a crowded bed of seedlings can be used as a lettuce nursery. Instead of throwing all the thinnings in the salad bowl, transplant a few to fill space between slow-growing vegetables or where other vegetables have been harvested.

Make small but frequent plantings

Good as home-grown lettuce is, don't over-plant it. Instead of planting once and later getting a glut of lettuce for a couple of weeks, and then none, make succession plantings every few weeks. A dozen or so plants maturing every two weeks is plenty for the average family.

Try different varieties in your succession plantings. You might make some happy discoveries. For years the only loose-leaf lettuce I grew was black-seeded Simpson, until one fall when I ran out of seed. A gardener friend gave me some Salad Bowl seed and this variety has been in my garden ever since.

Lettuce in the summer

If lettuce has a fault, it is its intolerance to mid-summer heat. But there are ways to beat the heat. *Shading*. Either grow lettuce on the shady side of taller vegetables (I make a summer planting on the north side of the asparagus row) or shade the plants with something like snow fence or open mesh fabric.

In mid-morning *mist-spray* lettuce plants growing in full sun to cool the plants and the surrounding soil. Don't spray in the evening for the foliage won't dry out and it might rot. Wet foliage and wet soil attract slugs.

And then there's organic *mulch* like grass clippings, chopped leaves, straw, rotted hay. Piled three to four inches deep around the plants, it insulates the soil from the hot summer air. With a mulch there will be a ten to 20 degree differential between the temperature of the air and of the soil. Don't use black plastic mulch for salad greens in mid-summer—it increases the soil temperature. But in the fall it's okay because you want more heat in the ground around the plants.

In mid-summer *thick, close plantings* of lettuce tend to tolerate heat better than plants growing with lots of space around them. The harvested leaves of thickly planted lettuce won't be big but they will be tender and sweet.

Heat-tolerant varieties are less inclined to bolt in summer heat than the old standards. Oak Leaf, Green Ice, Hot Weather, Slo-Bolt are some of the varieties that tolerate summer heat. Check descriptions in seed catalogs.

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March it can be harvested as heads before the hot weather.

In its early stages of growth, head lettuce looks much like loose leaf varieties. And if planted in abundance it can be harvested just like loose leaf by picking the outer leaves. But don't pick leaves from all the plants; allow some to head up, a process that starts about 60 days after planting. About three weeks later the full heads will be ready for cutting.

Here is a rundown on lettuce varieties:

Looseleaf

All loose-leaf varieties are quick growing—mature in 40–50 days. Best type to grow in mid-summer, yet are frost resistant and grow well in the fall.

Black-seeded Simpson—Big, tender, cabbage size leaves. Can be used for decorating other salads.
Oak Leaf—Excellent for growing in summer heat, sweet smooth leaves.
Salad Bowl—Heat hardy, tender, tasty, wavy leaves.
Ruby—Deep maroon, adds color to tossed salads.
Prize Head—Loose leaf green leaves fringed with bronze.
Green Ice—Slow to bolt, good for summer gardens.
Grand Rapids—Crisp, sweet, frilly leaves.

Loose Head

Loose head varieties mature in 65-75 days. Grow in fall or spring. They tend to bolt in heat. Most flavorful of all the lettuces.
Bib or Limestone—delicate flavor, grow when cool, bolts in heat.
Boston—Silky smooth leaves, best flavor.
Buttercrunch—Thick, succulent, flavorful leaves.
Tom Thumb—Tiny, tasty heads can be served whole.
Romaine or Cos—Outer leaves leathery, but blanched inner leaves tasty and tender. Good for stuffing.

Tight Head

All of these varieties are similar in taste and how they grow. Huge, loose, outer leaves are tasty and deep green. The blanched inner leaves are generally bland but crunchy, much like store-bought. They need 70-90 days to form heads so plant early in the spring as they bolt in hot weather. Plant again in July for fall harvest.

Iceberg, Great Lakes, Imperial, Ithaca.

End

Protecting the plants in fall

To keep fall salad greens growing vigorously I fertilize heavily and mulch with chopped leaves and grass clippings. But now the purpose of the mulch is to hold the heat in the ground. When the temperatures get below 40°F. I cover plants each night with some sort of makeshift shelter. The quickest and easiest to come by is large cardboard cartons. A more durable shelter is made of wire fencing arched over the salad row. At night, cover the wire with a plastic tarp, which is removed in the morning. As the weather gets colder the tarp is left on during the day. Still another quick covering for individual plants: bottomless, gallon-size plastic milk jugs.

These "instant" coverings provide just enough protection from the cold to keep salad greens growing when the temperatures go down to the 20s and 30s. I usually have salad greens from my garden for Thanksgiving dinner—and if December is mild, maybe even for Christmas dinner. After a sustained period of freezing weather, the flimsy cardboard and plastic protectors are inadequate and the plants eventually freeze.

Varieties

There are three broad categories of lettuce: (1) loose leaf, (2) loose head, (3) tight head. Additionally, there are other salad greens that like the same cool growing weather as lettuce: Bitter escarole, endive, chicory and dandelion; spicy arugula, cress and mustard; bland fetticus; the various Chinese cabbages and hardy spinach.

The loose leaf varieties of lettuce are easiest and quickest to grow. They take only 40 to 50 days to mature, but the tender outer leaves are ready to eat in three to four weeks. They are also more tolerant of hot weather than heading varieties.

But don't overlook head lettuce. It is no more difficult to grow than leaf lettuce. Unfortunately, when planted late in the spring, the heat of May and June may cause it to bolt before it can form a head. Through most of the U.S. if it's started in



ALAN ALDA

The man and his marriage. Both have subtleties that may surprise you. A revealing portrait by Cliff Jahr.

When a recent national survey asked young people to list their favorite heroes, who do you suppose ranked just above Abraham Lincoln?

Alan Alda, that's who.

After nine seasons as star (and sometimes writer-director) of the TV comedy series *M*A*S*H*, and after other recent ventures into strong drama, Alan Alda still holds his place as America's most engaging TV and screen personality. Friendly, funny, decent and approachable, he seems a top star with whom you could just as comfortably share a secret as share a pizza.

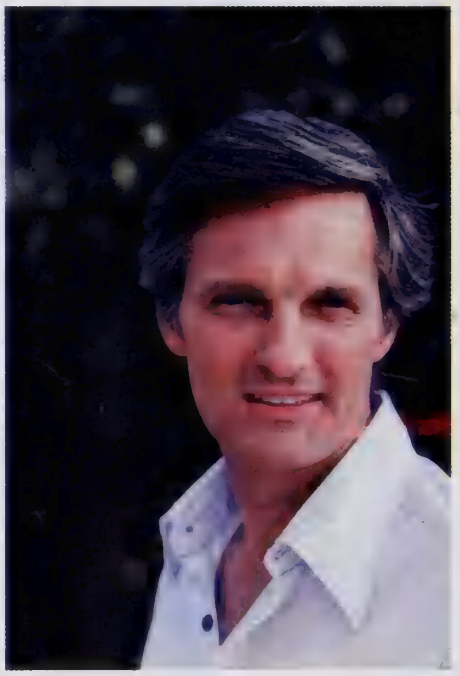
Yet several lazy afternoons with him, and later with his wife, reveal a man of darker nature than the nice-guy image, an intensely private man who, at age 45, is going through a turnaround in life.

Happy-go-lucky Alan Alda? "The image is fictional," he explains. "Someone who nods affably at anything that comes his way is not me. I get cranky. I get angry. I can be tough if I think people have wronged me. I love a good lawsuit when I know I can win."

Alan is driving west along Hollywood's Sunset Boulevard, one hand on the wheel of a silver gray Mercedes, the other holding a drippy fudge cone that needs licking. Like his easy manner, the clothes are loose khaki slacks and a velour pullover that look well on his bean-pole frame. A big eater who doesn't diet, he's blessed with clear skin that's youthfully taut.

He glances absently out the window. "You see, *M*A*S*H*'s success gave me so many chances to act, write, direct, that I was energized by the wonder of it and really pushed myself. Finally I recognized there's a price you pay for that. Like Joe Tynan (from the movie *The Seduction of Joe Tynan*), I was losing touch with what was personal, my wife, my family. . . .

"Do you see that?!" he exclaims, jabbing his finger at a passing car in which the driver has recognized him. "That scares me to death, people passing at fifty miles per



hour and craning their necks. One time, on a freeway, both people in the front seat looked over at me and applauded."

Paradoxically, however, the actor who, with every bit of recognition, appears to retreat more deeply into the privacy of his home, opens up today, unveiling many of the unknowns about his 24-year marriage, his children and his recent career turnaround.

The change came at the time of his success and resulting emotional catharsis three years ago with *The Seduction of Joe Tynan*, a film he wrote and starred in. Since then he has faced down personal doubts and stopped driving to achieve at an unsafe speed.

Where he used to commute weekends from his home in New Jersey to the studios in Los Angeles and work 20-hour days, he and his wife can now settle into long stretches of California living and mere 12-hour workdays that start off with tennis.

"Permanent jet lag," says Alan with a moan. "That's the state I lived in." He breaks into his slyest Hawkeye grin. "In those days a sit-down lunch meant a sandwich while I sat on the curb.

"The only rest I got was waiting at red lights, and I consciously used those twenty seconds to soak up flowers by the roadside. . . .

"So I slowed down," he explains. "I rested, and now I work more like a normal person. I've never been so happy, though I guess I am still basically driven. I mean, two weeks ago I asked myself, 'Is this all there is to life. . . *happiness?*'"

If Alda questions his sense of happiness, it is typical; he is a deep thinker, analytical. Yet the happiness about him *is* palpable—and to a large measure, attributable to the cocoon of love and total privacy he has established with his wife and three children.

A short, motherly woman with sparkling dark eyes, Arlene Alda is not the glamorous type one imagines sex symbols marry—even a gentle sex symbol like Alan. But it becomes quickly apparent that she is a woman of keen intellect and careful purpose who, at 47, seems the perfect counterpoint for her celebrated husband. No slave of fashion or designer labels, *(continued)*

Alan Alda and wife Arlene



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them away from something, thereby tantalizing them with forbidden fruit."

—But he has barred their giving interviews? "Yes. I explained why it wouldn't be a good idea," he says. "It's bad enough to be famous without even deserving it, but, if they were suddenly getting recognized in airports, what would they be getting in exchange? Just about nothing. It would be like heroin: a temporary high, a crash later.

"As for Arlene, she has chosen a middle ground she's comfortable with. Otherwise she deals with celebrity the way I do. We try to keep it back, like weeds."

"We're probably oddballs," chuckles Arlene, when I meet her over an orange juice in the lounge of the Beverly Hills Hotel. "We consider 'being seen' superficial. With our middle class upbringing, we can very easily sit home and read, play word games or chess, or do something that for somebody else is low key and boring."

Love comes in waves

If the Aldas fit together like two spoons, Alan is quick to point out he has no prescription for a happy marriage. A pity. It would be nice to know how after 24 years he finds that the thrill keeps coming back. "Love returns in waves," he sighs, "waves of puppy love that feel more vibrant than the first blush of romance at twenty. That's followed by waves of utter discontent," he adds, smiling. "Yes, utter detestation. You just have to wait it out."

If one yearns to know more about love that renews itself, Alan's work, like that of all good fiction writers, may be self-revealing. He wrote a love scene for *Joe Tynan* in which he and actress Meryl Streep get playful in bed, roaring with laughter. When the film's director insisted that people don't laugh and make love at the same time, Alan said, "Nonsense," and the scene played as written. Were audiences glimpsing a slice from life? Too personal for Alan, the question amuses Arlene.

ALAN ALDA

continued

when we meet she is wearing a sensible black dress with ruffled, scoop neckline beneath a blue trench coat. Rarely seen in public, Mrs. Alda hasn't given an interview in seven years, and almost no one knows what she or the Aldas' three daughters even look like. Hollywood has rarely seen them on the town.

Even more than Paul Newman or Robert Redford have, Alan has always shielded his family from public scrutiny. Which is why his latest movie, *The Four Seasons* (one of three pictures he will write, star in and direct for Universal Studios), will be watched with considerable interest; surprisingly, it is very much a family affair.

The movie is about the trials of friendship among three couples. Alan plays a character that he says is "based more on me than any I've ever played." The film also introduces to the screen, opposite Carol Burnett, two of Alan's three daughters: Elizabeth, 21, and Beatrice, 20. (Eve, age 23, studies psychology in Boston.) Not to be left out, Arlene, who is an accomplished still photographer, shot back-of-the-camera pictures that she has collected in a photo essay, entitled *On Set, A Personal Story in Photographs and Words*, to be published this month by Simon and Schuster.

"My kids are vibrant, spunky and warm people," says Alan, slightly prickled at having to explain their sudden coming out. "Maybe they would be less so if I dragged them into the spotlight at every opportunity. They grew up in a home, not on a firing line. The two youngest want to be actresses—so I wrote them parts in *The Four Seasons*. They never asked me to. In case they turn out to be actresses, I wanted them to have some experience. I also wanted them to know I was not keeping





Arlene begins to relax, joining me now in a drink, just one. "Alan's very much a family man," she goes on. "His role as father and husband is more meaningful to him than making a name for himself. To show you how committed he was, when he was on Broadway, he used the three hours between matinee and evening performances to come home to New Jersey."

When she has to, how does she cope with his absences? "It's rough, very rough," she admits, smiling wistfully. "There are times of feast and famine and I've learned to grab what's available. I don't want to blame Alan, but he's had to adjust, too. I *do* demand certain things of him. I don't want to see his name in lights, I want *him*."

Is she ever jealous? Arlene puts down her drink, and frowns a look that says, how trivial of you to ask. "I find myself strangely untouched by the question," she sighs. "Alan's never given me cause even to consider it. I have been jealous of his symbolic mistress—his work, the demands of art. I guess that's like the jealousy I'd feel if he were a woman chaser."

In the beginning

Alan's devotion to his art began in childhood. At a very early age, he wanted to write, more than act, and he has since parlayed that desire into scripts for 15 *M*A*S*H* episodes (two won Emmys), plus six episodes for a brief-lived family sit-com he created for CBS in 1975, *We'll Get By*, and two movies.

As a young man, Alan enrolled at Fordham University in the Bronx to study medicine, but failing chemistry, switched to English literature. One night, attending a college chamber music program, he noticed the dark-eyed clarinetist. She was Arlene Weiss, the daughter of a Bronx lithographer and a seamstress, who had studied clarinet in Germany on a Fulbright scholarship and was dead-earnest about a career. By the time she and Alan were married in 1957, Arlene was playing under contract with the Houston Symphony.

Although Arlene had steady work in Houston, *(continued)*

"That kind of tickling and laughing under the covers," she says, "well, it may or may not get more serious. We have a lot of fun. We run the gamut. If you just let yourself be, things happen."

Does she too feel passion in waves? "That sounds like commuting—he goes away and comes *back*." She claps her hands together and laughs a long, hearty laugh. "It's true, we enjoy the coming back together. We're both noisy, passionate people. We eat with gusto. We play with gusto."

Alan picks up the thread: "Arlene and I love to talk. When we go out to big dinners, the two of us very often wind up talking to each other with intense interest while heads of state talk among themselves or sit around listening to us. We're not just lovers, we're best friends. She's a smart woman, funny, very warm, and straight and strong."

And what is it like for Arlene, being married to one of the most public—and most private—men in America?

"Alan's very complicated," she replies. "Talented, intelligent, warm—sometimes distant. We are romantics. He's the fanciful one and I'm practical. At least early on, I always saw myself as taking a more cynical approach to life than he. He had this sweet core to him and still has. He also is sometimes quite sullen and withdrawn. When he's brewing an idea or something, the door is closed, and he's unapproachable. After twenty-four years you learn to adjust."

In *The Four Seasons* Alan portrays a man who is mild-mannered until the day he explodes in a rage so intense that he tries to stuff a moose head up a hot chimney. "He's not quite *that* furious," Arlene laughs. "Of course, there are times I say something and all hell breaks loose. That's very hard. I don't like that. But, yes, he has all that character's qualities—angry, controlling, bombastic, judgmental—they're just blown up for the film to the *n*th degree. We're not easy-going people, you see. We are intense. We are very demanding of our friends and each other. We want attention, intelligence, commitment, loyalty, closeness."



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ALAN ALDA

continued

and Alan was unemployed, they took an apartment in Manhattan so he could pursue acting. During the first lean years, which included stints for Alan as a cabbie and a doorman, he scrambled for acting roles while Arlene supported them as a high school music teacher.

Shelving her career for his proved a decision over which the Aldas now voice some misgivings. "I feel guilt," admits Alan. "We've talked about it a lot, and I'm sorry I didn't try to get a job with Houston's Abbey Theater. We were victims of sex stereotyping, you see, and I hope I have a chance to make it up to her."

Now that their daughters have flown the nest, the Aldas can be together in California during *M*A*S*H*'s fall-winter filming. Their three-bedroom house in fashionable Bel Air is a large cottage, and, with no help beyond a gardener, small enough to keep clean on a shared housework basis.

Alan actually enjoys ironing—"but only when I don't have to." A couple of years ago they swapped roles for a month so that Arlene could concentrate full-time on a work project. Alan found house-husbanding more exhausting than he thought: "When you least expect it, somebody calls and says, 'Can you pick me up and drive my friends to the game?'" The Hawkeye grin spreads over his face. "There I was cooking elaborate meals nobody wanted to eat: 'Sorry, I'm going out tonight.' *'But I've got this big roast in the oven!'*"

Unlike their traditional house in New Jersey, which is filled ("like a warehouse") with the flotsam of two decades, the Bel Air place is minimal, white and sparse, though very comfortable. Except for a bold painting of citrus fruit that dominates the living room, most of the house's expansive wall space is covered with Arlene's photographs, many from a nature series exhibited in galleries as "The Sensuous Leaf: Loveletters to the Earth."

"When *M*A*S*H* is filming," notes Arlene, "Alan's usually home by eight. I love to cook and be creative, so long as I'm not forced to every night. Sometimes he'll cook and sometimes we'll go out to restaurants. We both *love* to eat—most any kind of food, you name it. By ten o'clock it's really almost bedtime since he plays tennis every morning at six thirty."

While the Aldas, in midlife, seem to have settled into a peaceful routine, Alan's creative outpourings can still put a strain on family life, not just for the absences it causes, but for the way it changes his moods. "I get very agitated when I'm writing," he explains, clearing his throat. "During the creative process, your brain is making hundreds of connections and you are immobilized, like a deer caught in headlights. You lose control and other people have to take care of you, like parents—and put up with your volatility. It's especially hard when, like us, both husband and wife are artists. Writing usually isn't fun, it's grueling, but in the same way that food tastes good and lovemaking feels good, writing gives you intense bursts of pleasure. Otherwise nobody would bother."

When Alan is working, Arlene keeps busy with commercial assignments and personal photography, using darkrooms in both their homes. And the publication of her new book will send her on a promotion tour, which she says she faces "with reluctance." Being in the limelight makes Arlene self-conscious.

How does she feel, then, about her two youngest daughters following in their father's footsteps? Was she surprised?

"Not at all," she says lightly. "Although acting would not be my first choice for them, whatever they want to do is all right with us, so long as they dig into the work they value and do their very best. That's what life's all about. We want them to feel they can make it in this world on their own.

Attention versus material things

"In bringing up our children," Arlene continues, "Alan and I walked a tightrope between giving them plenty of real love and attention versus material things. Kids can have both so long as material things aren't a substitute for the other. So when the money started coming in, we held back a bit, and the two younger ones would always come home and say, 'So-and-so, who's only sixteen, just got a Mercedes. Isn't that awful!' I think in their question was the hope that maybe their crazy parents would also lavish them with extravagant gifts." Arlene purses a smile that says "who-were-they-kidding?"

In many ways, the Aldas seem to have a perfect existence. Indeed, Alan is a man who has everything: a happy marriage, family, success at three jobs in two fields, national popularity, respect and lots of money. (According to one analyst, $5 million a year, though Alan laughs at the figure: "Whatever the total is, I'm worth every penny.") Yet meeting the Aldas, one feels no sense of envy; they are just so down-to-earth.

As an introspective man, has Alan any insight as to what he's doing right?

It has been a long afternoon, after a big lunch, and the question makes him smile. "My whole life has become a process of doing a little bit better by my conscience each year," he says.

Suddenly his face brightens. The writer in him is pleased to distill some essence of himself: "As a kid," he explains, "I fell in love with the taste of sweet sauterne wine. Then I got a little older and discovered chablis. Well. . ." He spreads his arms heavenward. "I guess now you could say I'm looking for drier wines." **End**

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By Geraldine Carro

Parents and Babies: How the Love Affair Begins

It isn't always love at first sight. Here's a look at the mysterious bonding process, and the ways doctors and nurses can help—or hinder—the brand-new parent/child relationship.

The romance began in the delivery room with the nursing staff acting as matchmaker. First, the head nurse handed seven-pound-three-ounce Lisa to her mother and said what a beautiful daughter she had. Alice Merman knew that the nurse probably said the same thing to all new mothers, but it didn't matter. "Lisa is beautiful," she thought, putting the baby to her breast.

The nurse gave Lisa's father a chance to hold her, too. As she handed the baby to hulking, six-foot-four Tom Merman, he cradled his arms to receive her. "I'm in love," he thought. . . . Minutes later in the recovery room, the attending nurse drew the pink, green and blue striped curtains around the new threesome and discreetly left them alone.

Lisa's parents feel lucky to have enjoyed these first intimate moments with their daughter. Only a few years ago, doctors and nurses in delivery rooms routinely whisked newborns away from their mothers to the nursery. Fathers, of course, were not permitted to be present at all.

Today, however, at a growing number of hospitals, the maternity staff has assumed the role of go-betweens in the new love affair between parents and babies. "We feel strongly about keeping the family together from the very beginning," explains Penny Buchholz, chief pediatric nurse at the recently opened University Hospital at Stony Brook, New York, where Lisa was born. "We try to promote bonding."

Why are professionals like Penny Buchholz concerned with bonding? Don't mothers and babies fall in love without special help? Generally, yes. But the practice of separating parents and babies at birth can interfere with this natural process, argue proponents of the new bonding theory. Ideally, there should be prolonged contact in the first minutes and hours after birth, which is viewed as a uniquely sensitive period for bonding.

The notion that this early period is an optimal time for establishing attachments grows out of now classic research studies conducted by pediatricians Marshall Klaus and John Kennell at Case Western Reserve Medical School in Cleveland, Ohio. They studied 28 new mothers, half of whom went the traditional hospital route: They saw their babies only briefly in the delivery room and then were separated from them for the next six to 12 hours. During the balance of their hospital stay, these mothers visited with their infants for feedings every four hours for 20 to 30 minutes.

The second group of mothers had immediate and longer contact with their babies. They spent a full hour with their infants within the first three hours of life. A special heating unit was installed so that each mother could be handed her baby nude to encourage exploration and skin-to-skin contact. These "extended contact" mothers also had the opportunity to see their babies for an extra five hours every afternoon.

The extra contact seemed to make a difference in the way the mothers behaved later toward the babies, the doctors discovered. The second group spent more time fondling their babies and looking into their faces when studied a month later, and again a year later. Two years afterward the mothers talked more to the babies. At age five, their youngsters performed better on language and IQ tests.

"We feel that the evidence is so strong in favor of early contact," says Dr. Kennell, "that everyone should do their darndest to keep mothers and babies together right after delivery and during the hospital stay."

Mothers who can't see their babies right away

Dr. Kennell does, however, offer some reassuring advice to mothers who, perhaps because of medical reasons, can't spend those first few hours with their infants. "A mother shouldn't feel she's lost something crucial if she's missed out on the first hour of life with her baby," he says. "She can probably recapture what would have happened in the first hours." If she has missed those immediate moments after birth though, she should try for the second or third hour, if possible.

Yet, even "early contact" doesn't guarantee love at first sight. "Mothers feel there's something very, very abnormal," says Dr. Kennell, "if they don't fall in love right away. In fact, a great proportion don't." According to one study he cites, about 40 percent of mothers fall in love when their babies are still in the womb. For about 25 percent it happens shortly after birth. But other mothers wait as much as a week, a month, or more before bonding takes place.

Although he wants to tell parents not to worry when love evolves slowly, at the same time, Dr. Kennell does not let hospitals off the hook. "We still need to *(continued)*

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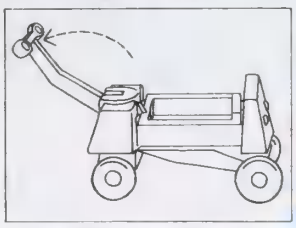
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Mothering

continued

keep pushing obstetricians, pediatricians and hospital administrators to make sure mothers and babies are allowed the maximum possible time together." While many institutions have changed procedures—often in response to pressure from parents—in many delivery rooms first encounters are rushed and cursory at best, Dr. Kennell says. "A lot of hospitals *say* they allow early contact, but sometimes it's only for a few minutes." The mother may be given her baby to hold briefly while she's being sutured. He believes parents should be allowed to spend relaxed, private time alone in the delivery or recovery room with their baby.

Not all experts agree with Dr. Kennell on this issue. Some say that it's probably impossible to prove that 16 or so extra hours in the hospital together can account for long-term differences in a mother's behavior toward her child. Too many other factors intervene. Answering critics, Dr. Kennell argues that some 15 out of 17 other studies now corroborate his theory.

Dr. Robert Harmon, a specialist in infant psychiatry, feels the significance of those first encounters has been overemphasized. "It's a mistake to think bonding won't occur if parents miss out on early neo-natal contact," says Dr. Harmon, assistant professor at the University of Colorado Medical School in Denver. Pregnancy triggers a whole series of psychological changes in prospective mothers and fathers, he says. These changes, plus the overall emotional and physical factors surrounding the pregnancy, labor and delivery, all affect the quality of the bonding process.

Close from the start

Dr. Harmon, nonetheless, supports the idea of keeping parents and babies close from the start. In general, he is enthusiastic about new procedures "that allow parents to experience the birth of their child in a humane and family-centered way." And so are many of the nurses and doctors at the new Stony Brook hospital where Lisa Merman was born. "The extra time together helps parents off to a better start," says head maternity nurse Janet Boeke. "They get to know their baby's habits, what the baby's cries mean. The parents feel a lot more secure when they take their newborn home."

Dr. John Partin, head of pediatrics at the University Hospital, concurs. "We are concerned with each parent's capacity to get involved with his or her child. Hospital procedures should be designed for the convenience and well-being of the parents and children—and not for the convenience of the system.'" **End**

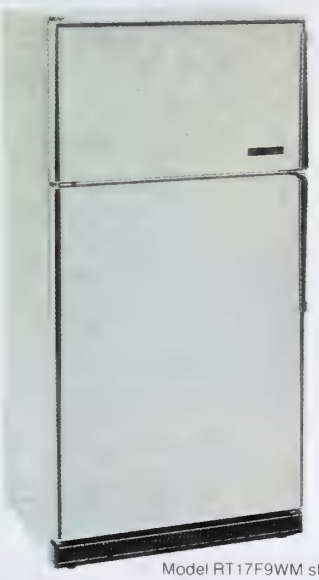


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Only a Mother Would Know...

LHJ'S Mother's Day gift to you! A witty tribute to the secret "sixth sense" shared by all mothers—past, present and future.

By Shirley Lueth

Thirty years ago I discovered that few requirements stand in the way of a woman's becoming a mother. I didn't have to take a quiz, renew a license, know how to spell, lose weight, sing on key, even be able to cook. I just took on the role. And while I'm sure that if the stork had been thinking, he would've included with the birth certificate a crumb-free, chocolate chip cookie recipe plus a quick cure for impetigo and heartache, I still believe mothers share an indispensable, inborn talent that reveals itself at the moment of baby's first cry. This faculty mystifies husbands, amazes small children, astounds doctors and puzzles adolescents. (Grandmas are the only ones who understand it.) You can't buy, barter or beg for the secret, and no parent worth her safety pins would be without this trait, nor use it indiscriminately.

I'm talking about "instinct"—the maternal flair that helps us sense the meaning of an infant's three A.M. crying jag, a preschooler's nightmare, an eight year old's plea for "just one more glass of water, please, Mommy," or a high school son's footsteps in the hallway after curfew. Handily, with such a knack comes the tact to cue father—who's not lucky enough to share his wife's aptitude—when it's his turn to provide juice-and-cracker service to offspring afraid of the dark; a tongue-lashing to a teen-ager; a manly hug to the boy who needs to be sure of Dad's support.

Maternal sensitivity responds to a host of subtle clues. Who but an instinctive mother can pray for peace and quiet in her own home and worry when she gets it? The silence of children doing "nothing" announces danger more quickly than the slam of a cookie jar lid. Mom recognizes the distinctive hush over a household that signifies her one good pair of pantyhose has been turned into circus tights, the master bedroom is being redecorated in bright red lipstick, older sister is force-feeding two pounds of jelly beans to baby, or Daddy has just lost his priceless coin collection to the ice-cream man.

Facial expressions are another giveaway. Don't attribute an infant's first fluttery smile to gas—Mommy knows her little one is showing delight and, intuitively, she tucks that memory away to bring out during the adolescent years when smiles don't come quite as fast as they once did. Nor can older children, devious though they may be, hide the truth for long. A mother can tell when her six year old has snitched a piece of bubble gum, and her insight hasn't a thing to do with jaw movements or saliva analysis. Maternal X-ray vision can also see inside a junior high girl's digestive tract and tell when a stomachache is faked. (Though sometimes, when *(continued on page 131)*



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Pet Journal

Our expert has sage advice to help you pick a pup with promise . . . plus tips on bringing him up to be the kind of affectionate, trustworthy pet you deserve.

By Roger Caras

How to Choose (and Raise) a Good-Natured Dog

When you choose a dog, you are choosing a friend. While there are many factors to consider in selecting a puppy—size, coat style, grooming and exercise requirements, watchdog potential—none is as crucial as whether your pet will make a pleasant and reliable companion for you and your family.

The pick of the litter. First, find a breeder you can trust (perhaps on the recommendation of friends or a veterinarian), and then ask for information about the ancestors of puppies that appeal to you. Also, whenever possible, meet the parents of the candidates or at least the mothers. Unfortunately, bad temper can "run in the family."

Are females and smaller dogs friendlier? Female dogs often have slightly softer dispositions, but that shouldn't dissuade you from choosing a male dog. How your pet behaves depends more on breeding, individual personality and training than on gender.

Similarly, the size of a dog doesn't necessarily have any bearing on its temperament. Obviously, a bigger dog will cause more damage than a smaller one if you are bitten, but how aggressively your pet acts is determined by heredity and handling, not size.

Are there breeds of characteristic good cheer? Yes, certain breeds are more apt to become outgoing pets than others. Here is selection of the more popular "happy" breeds:

Sporting Group: Gordon Setter, Golden Retriever, Labrador Retriever, English Cocker Spaniel, Vizsla.

Hounds: Afghan, Bassett, Beagle, Bloodhound, Dachshund, Whippet.

Working group: Boxer, Bull Mastiff, Collie, Great Dane, Mastiff, Newfoundland, Old English Sheepdog, Samoyed, Shetland Sheepdog, Siberian Husky, Pembroke Welsh Corgi.

Terrier group: Airedale, Bull Terrier, Cairn, Lakeland, Miniature Schnauzer, Norwich, Norfolk Soft-coated Wheaten, West Highland White Terrier.

Toy Group: Affenpinscher, Brussels Griffon, Italian Greyhound, Maltese, Toy Poodle, Pug, Shih Tzu.

Non-sporting type: Bichon Frise, Boston Terrier, Bulldog, Dalmatian, French Bulldog, Keeshond, Standard Poodle, Schipperke.

Of course, it would be absurd to suggest that any breed not included in the above list won't offer pleasant puppies. Even a German Shepherd or a mutt of unknown heritage is unlikely to become a biter if treated properly.

The final test. Still, some pups of *any* extraction can be born troublemakers. That's why, once you've made your decision and brought the newcomer home, you ought to watch how he behaves around members of your family. Does he snap and bite whenever you try to release a bone or toy from his mouth? Any young dog that flies into a rage when frustrated by playful teasing is bound to cause you grief later.

You might have to return the animal, but first, ask a veterinarian to check him for temperament. Maybe your new pet is just being feisty, not ferocious. In that case, you should take command immediately—as, in fact, you should with any puppy.

Raising a gentle pet. Social by nature, a dog must learn to live in a human environment on our terms. Under no circumstances should your pet be allowed to challenge the position of dominance and authority you and other family members have in the household.

As an owner, you can train your puppy to be respectful of people. A lot of contact and gentle play early on will get her used to accepting loving attention. Also, don't hesitate to expose your pet to a variety of strangers and different situations. Above all, avoid giving your dog conflicting signals. If your children slip her food under the dinner table, and you punish her for begging for scraps, your pet is bound to become confused.

In important ways, raising a dog is no different from rearing a child. Both develop best when they know exactly what is expected of them. Start with love, then teach good manners. The rest comes naturally. **End**



Illustration by Bob Jones

Introducing
Because great-looking nails



Your nails need all the help they can get.

But, if you're like most women today, you don't have time for anything but nail care that works. With the least fuss. And the best results.

With that idea in mind, Cutex has created some of the most inventive and effective nail-nurturing products to come out of the labs.

The Nail Shiner, for example. It's a unique buffer made with built-in shiners so you don't need a buffing cream or smoother. Just by itself, in seconds flat, The Nail Shiner works up a shine that's so glossy your nails can look polished without polish. And buffing with The Nail Shiner is good for your nails, because it will help to stimulate circulation.

Or The Hot Tub Soak. An advance over every other hot oil treatment, it's uniquely formulated to do your nails the most good. Plus it's simple to use. The Hot Tub Soak actually heats itself.

Soaking your fingertips for a few minutes in this delightfully pampering beauty treatment leaves your cuticles soothed and softened. Your nails shinier. More flexible. In much better condition.

There's also The Nail Primer, a basecoat that fills in ridges and makes your nailcolor wear longer.

The Polish Sealer, a topglaze that helps strengthen your nails while it seals in your nail polish.

The Cuticle Shaper, a cuticle remover that softens and shapes your cuticles.

Cutex Nailcare.
Don't just grow that way.

The Nail Nutrient, an overnight nail-nurturing cream that conditions and moisturizes.

The Smudge Proofer, a nail dry that instantly protects your nails from smudging.

And of course, there's our Cutex Polish Remover that whisks away polish without drying or whitening your nails.

Look for the Cutex boxes. They're specially designed to make it easy for you to decide what's right for your nails. And be sure to send for our Nailcare Booklet. Mail 50¢ to Cutex, P.O. 4046, Jefferson City, MO, 65101.

With the help of Cutex, the nail experts, you'll be well on your way to great-looking nails.



Shh. Listen...



The Crisco® Oil sizzle means no greasy taste.



Ladies' Home Journal/May 1981

Let's Bring Love Back to Sex

WHERE THE EXPERTS WENT WRONG

Haven't you always known that lovemaking is best when it's just that—and not a repertoire of sexual techniques? Now, after a decade of emphasis on the clinical, experts are starting to agree with you. By Barbara Harris

During the last ten years, the burgeoning field of sex therapy has had a great deal of press—most of it very good press. As a result, more and more troubled couples have been turning to the new gurus for help. Yet there is growing evidence that in many cases—even when a specific sexual problem for which aid has been sought is, in fact, alleviated—the ex-patients remain as unhappy as ever.

David and Diane are a case in point. In May of 1979, they had ten years of marriage behind them, three young children and a miserably unsatisfying sex life. Desperately in need of help, they underwent an intensive two-week therapy program at the famed Masters and Johnson Institute. Eight months later Diane and David filed for divorce. Instead of improving the quality of their life together, the ministrations of the St. Louis team apparently hastened the demise of this relationship.

To say that the marriage in question was destroyed by Masters and Johnson would be a rank overstatement. Quite possibly, this crippled and unhappy union would have gone under in any case. Clearly, however, the techniques that have helped many people overcome sexual complaints were misapplied in this instance. Says Diane: "My reason for dissatisfaction with sex was that David was unromantic with me. He acted as though he were my father, made me feel more like a favored child than a sexy woman. While he was kind and concerned, he never flirted and there was no spark between us.

"When David first suggested going to Masters and Johnson, I was horrified. Gradually, though, he won me over, because he was so sure this was the answer to our difficulties."

Blueprints in the bedroom

Therapy at the Institute, Diane explains, is carried out in what's called "social isolation"—the couple, who sign in at the hotel and visit the clinic daily, are removed from the comforts and distractions of their ordinary environment, and so, supposedly, can focus more intensely on sex. "David and I saw a man-woman counseling team for several hours every day. During each session they gave us 'homework'—things we were to do together later when we were alone in bed. I tried to tell the counselors the way I felt about my need for romance, and David's seeming more like a father than a lover to me, but to talk about flowers and flirtation in that clinical setting seemed out of place. All they wanted was this mechanical thing attended to, and David thought that approach was fine. By the time our two weeks was up, he was satisfied we were 'cured.' *(continued on page 132)*



Enough Time

The magic of Captiva Island worked for Meg, but could it work for the man she loved? A short story by Jonellen Heckler.

No one wanted to stay very long with Meg Flynn on the small Florida island of Captiva. They found ample excuses: It was too quiet in the off-season, too tempestuous in the rainy season, too hot, too humid, whatever. One by one, they packed their suitcases and were gone, occasionally sending postcards of city skylines.

Two brothers, a sister and a fiancé had given up on Captiva innkeeping, lured by the high-life stride of this or that metropolis. Even the tourists–who arrived daily in breathless, happy clusters to jog Captiva's famous shelling beaches–filled their plastic sacks with conchs, whelks, angel wings, coquinas, and drove off down the narrow, gulfside avenue. They seldom looked back.

Meg alone remained, establishing a partnership with her mother at the family inn.

Under the dizzying pace of a tropical winter afternoon–with guests registering and checking out, with the cottage rooms to be made up and menus to be decided–Meg sometimes thought of packing her own suitcase and driving the hour to the airport. But when evening filtered in, pulling with it wide gold clouds and the spangled fire of a Florida sunset, she felt certainty flowing back to her: She could never leave. Captiva was a delicious and enfolding home. Fat pelicans perched on the tops of the Australian pines. Cabbage palm trees puffed and shivered in salt breezes, like glorious plumage. The tartness of green sea grapes pleased her tongue.

Shortly after Easter the year Meg turned 28, a man presented himself at the desk: a T.J. Robbins of Boston, booked for an extended holiday. He had reservations for three and Meg could glimpse, through the French doors beyond him, two young boys bobbing up and down in a rental car. Not unusual. Single parents–especially those with limited custody of their children–seemed to use Captiva as a gift, a means of affection. (*continued on page 112*)



Illustration by Steve Jones

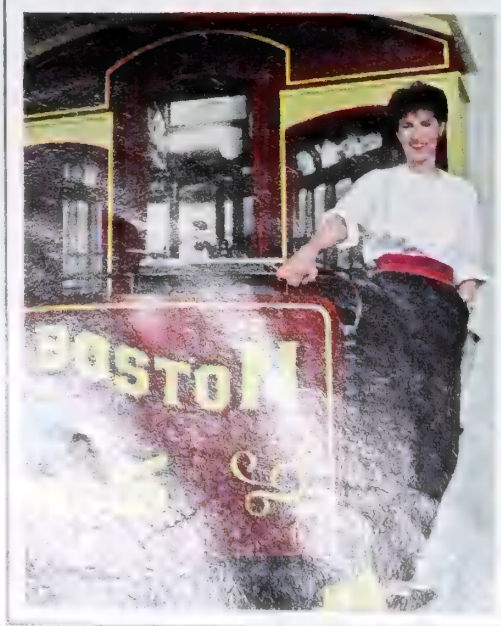
Boston Brights

Journal Style

Introducing a whole new concept in fashion—JournalStyle. Keyed to the fashions of the moment, worn by real women and featured in top stores across the nation. For our kickoff feature, we journeyed to Boston, Mass. to present this forecast, the best of the new summer looks. We call the fashions . . . and the women wearing them . . . the Boston Brights. The store we worked with is Filene's, a place that's as much of a tradition in Boston as baked beans. Meet our pace-setting women, see the revitalized city of Boston . . . and find out how these fashions match your own life. By Maureen Lynch, Director of Fashion and Beauty and Sunny Griffin, Contributing Editor for JournalStyle.



Nonstop up the success ladder—Marianne Foley, 27, developed an idea and now is president of "The Freedom Trail Shuttle" (part of Gray Line Bus Co.), a popular sightseeing tour of Boston's historic spots. Below: Marianne's trolley-hopping at the Museum of Transportation; right, in Harvard's Weld Boat House; inset, far right, in a flower stall at the bustling Quincy Market.



Active Life Dressing

Stepping out in style, opposite, lower left. Marianne shows off a look that delivers instant dash—a takeoff on a man's tuxedo shirt with a bib of tiny tucks. In white cotton, $72. Beautifully tailored pleated pants in black raw silk, $130. Both, Pierre Cardin Sportif.

Very basic, very spiffy for weekend meanderings, below. Ultimate casual look on Marianne—traditional pine green bermudas with soft pleats, in polyester/cotton poplin, $44. Paired with (what else?) a pink cotton button-down Madras shirt, $39. Both by J.G. Hook.

A round-the-clock suit look, inset below, irresistible in a luscious raspberry. Marianne, in a smartly fitted jacket, $80, with squared-off shoulders; the new fuller skirt bordered with rows of golden threads, $96. Both in linen-y cotton, by Carol Horn.



Photographs by Joel Brodsky. Hair and makeup by Martin Downey.
All fashions available at Filene's, Boston.
For shopping and accessory information, see page 135.

Boston Brights

Journal Style





Talk-show interviewer Janet Langhart's amazing good looks, high energy drive and quick mind have turned the former Miss Chicago (1970) into a popular TV personality. Now on WCVB (Boston), she's also involved in two major pilot projects. Shown above, Janet in the mahogany-walled room of the Massachusetts House of Representatives; and near right, on the elliptical staircase at Parkman House, Boston's official guest house/reception center.

More and more women are speaking out on political issues and running for public office. Wendy Abt, a Democrat, recently campaigned for State Senator, narrowly lost, is considering another race. Her day-by-day job is also active, involved. She's a consultant specializing in analyzing public policies. An avid reader, Wendy, far right, stands in the book-lined library of her Cambridge home.

For shopping and accessory information, see page 135.

DRAMATIC—DAY OR NIGHT

On Janet Langhart, a duo of attractive, almost seasonless dresses. Both looks share the same feeling: very feminine, softly pretty. Inset, below left: The classic appeal of a primly proper schoolgirl look—innocent yet flattering. Two-piece cotton voile with organza collar, cuffs; own slip. By Albert Nipon, $378. Below: A certain sophistication. The all-out glamour of white streaked with gold adds splendor to any summer's eve. High style, padded shoulders, a wraparound closing, a swingy skirt. By Norma Kamali, $54.

SOUND WORKING STYLE

Wendy Abt, below, in a perfect-for-work suit that's polished but not boring, not a uniform. Shows a sense of confidence. Khaki cotton jacket ($60) with Western snaps and studs, softly pleated pant-skirt ($38), and double-collar blouse ($33). All, Jones New York.





Boston Brights

Journal Style





A principal dancer with the Boston Ballet, Elaine Bauer, above, captures the essence of dance: grace and strength. Partnered for ten years by her dancer-husband, she recently made her Broadway debut opposite Nureyev. Seen above with dancer Donn Edwards in Boston's treasured theater, the Metropolitan Center, and standing right, at the Isabella Stewart Gardner Museum, fashioned after a 15th century Venetian palazzo. A contemporary spirit, Laura Young, seated right, is also a Boston Ballet principal. She has the honor of being the first American ballerina to perform in China (6/80). Offstage, Laura and her dancer-husband like to roam by car with their two dogs. Here, she's seen (with Elaine) in the courtyard of the Gardner Museum.

An original, Mary Lawlor (Mrs. Frank Levine), opposite right, is what's known as a woman-on-the-move. She loves people (entertaining, interviewing) . . . she loves fashion (covering 120 American designer shows a year). Official jobs: Fashion Editor of the Boston "Where," an around-town magazine; a literary publicist. Off-hours, Mary enjoys sampling Boston's great range of restaurants, one favorite being the Ritz Carlton's dining room, shown here.

Tropic Tempo

Latin colors—sizzling hot and summery, on Elaine Bauer, inset left. Easy and comfortable for fun days or torrid nights. Vivid crimson short-sleeved shirt, $32, and full tango skirt jolted with bands of plum; a stretch waist, $42. Both cotton/rayon, by Jones New York.

A Drift of Dresses

What a way to float through summer—in breezy dresses, opposite page. Dreamy streaks of color on gauzy cotton. For Laura Young (seated), overblouse and matching skirt, $92. On Elaine Bauer (standing), a ruffled collar dress, $86. Both, Christine von Lumbe.

Bright News

On Mary Lawlor, just the kind of attractive dress you're always looking for—to go out to dinner, the theater. Pure and simple fashion . . . a dazzle of color. Silk crepe de chine overblouse, slightly padded shoulders; circular skirt. By Jerry Regenbogen for P.K. Tseng, $138.



For shopping information and accessories, see page 135.

MISS PIGGY'S DIET & EXERCISE GUIDE

YOU TOO CAN DIET WITHOUT HEARTBREAK, EXERCISE AND FATIGUE AND END UP LOOKING *JUST LIKE MISS PIGGY.* FOLLOW THIS GUIDE TO LEARN THE SECRETS BEHIND THE STAR'S SVELTE FIGURE.



Occasionally, a diet plan emerges that is truly remarkable—not only because it encourages eating chocolate cake, Seafood à la Newburg and corn chips, but because its creator is a very special public person.

Now, for the first time, Miss Piggy has agreed to share with *Journal* readers *her* tips for non-traumatic dieting and exercise. For example, to "nip hunger in the bud" whenever it appears, she suggests curbing appetites by creative snacking. "On two cookies . . . one more cookie . . . a small handful of peanuts . . . the rest of the peanuts . . . crackers with cheese dip . . . breadstick with cheese dip . . . cheese chips with cheese dip . . ." And that only takes Miss Piggy from teatime to dinner.

When it comes to exercise, her concepts are equally innovative. "I really do not understand why a lady would run if nothing is chasing her," she says. "But jogging clothes are quite cute, and the Key Track Positions are ideal for modeling them."

Here then is her guide, designed to "maintain the trim, slim figure that pleases fan and frog alike."

I cannot tell you how many times people have come up to me to compliment me on my lavish figure. And always these dear, sweet people are dying to know what exercise program I use to maintain my ravishing bodéé. I tell them what I will tell you: The object of exercise is to achieve your beauty aspirations without perspiration.



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The Hidden Diet

A very common oversight in most weight-limitation programs is to pay excessive attention to the calories you consume rather than to the enormous numbers of calories you routinely avoid.

Let's take a look at two dinners. The first is what I call the Basic Maximum Possible Dinner.

Shrimp Cocktail
Lobster Bisque
Cheese Fondue with Creamed Potatoes
Hollandaise with Broccoli Topping
Baked Alaska

Total Calories: 3,450

The second dinner is a more prudent—and clearly far more typical meal—and I call that the Standard Regular Normal Dinner.

Three Slices of Pizza
Double Scoop of Ice Cream
with Topping de Choice
Soft Drink

Total Calories: 1,250

As you can readily see, by choosing the second diet over the first you have saved over 2,000 calories! Keep up the good work!

The Hunger-Impulse Diet

The trouble with so many diets is that they ignore a very simple fact: People eat because they are hungry, and they overeat because they are extremely hungry. Thus, the worst possible way to attempt to control your weight is by missing meals.

This fundamental principle can be applied quite effectively to dieting. Do you remember how your parents would say, "Don't fill up on those (whatever they were), you won't be able to finish your dinner"?

Well, if in fact your aim is not to finish your dinner—or, to put it another way, to have just a teensy, diet-conscious meal—you can snack your way to the weight you desire by nipping hunger in the bud whenever it appears.

P.M.	
4:14	Two cookies
4:34	One more cookie
4:51	Small handful of peanuts
5:17	Slightly larger handful of peanuts
5:44	The rest of the peanuts
6:11	Crackers with cheese dip
6:32	Breadstick with cheese dip
6:45	Cheese chips with cheese dip
7:10	Small slice of cake from piece left in icebox
7:26	Remainder of cake (really, it is silly to have such a small piece on a big plate taking up so much room)
7:38	One peanut-butter-and-jelly sandwich
7:42	With potato chips
7:46	And two pickles
8:01	Another cookie
8:11	Remainder of dip on assorted chips, sticks, etc. (it will just have to be thrown out otherwise)
8:37	Two seltzer tablets in glass of water

Total: just 719 calories!
A fraction of your usual dinner intake!

The High-Activity Diet

There are a few foods—mostly quite unpleasant ones, I am sorry to say—that require the expenditure of more calories to eat than they actually contain. Celery and cabbage are the best-known comestibles in this category.

However, it is hardly necessary to limit yourself to tasteless stalks and leaves in order to obtain the same kind of benefit. What *moi* does, at least once a week, is to choose a fairly distant restaurant—one several blocks away—and go there to eat. Let's see how those calories melt away, for the most part *in advance* of the actual meal:

Applying makeup	25
Looking for purse	30
Looking for shoes	15
Closing door	5
Going back inside to get the key	6
Checking for mail on way out	3
Opening envelope	2
Tearing up bill	8
Walking to restaurant:	
Up and down 8 curbs 1 calorie per curb	8
Checking for traffic (both ways) at 8 intersections @ 1 calorie per intersection	8
Carrying purse for 15 minutes	10
Entering restaurant and sitting down at table	9
Moving to a better table	4
Lifting and reading menu	3
Eating	12
Checking the bill	3
Polite discussion with waiter	5
Figuring the tip	2
Figuring the tip again	2
Looking in the bottom of my purse for that five I know is down there somewhere	15
Return trip	26
Total expended calories	298

And now let's look at the meal I had:

Salad with French, Russian and Roquefort dressing, croutons and grated cheese	175
Bread and butter	125
Seafood à la Newburg	200
Rice	100
String beans (tastes awful)	0
Apple pie à la mode	90
Total calorie intake	925
After subtracting 298	925
Total expanded calories	342

Amazingly enough, the net result is exactly the same as it would have been if I had stayed at home and eaten nine slices of protein toast. And it was a great deal more fun! *(LHJ's Note: Arithmetic was never Miss Piggy's strong subject.)*





Optional beginning pin-up ("The Full Tut")

1. Assume Demure Profile Position.
2. Raise left arm into half-Cleo.
3. Raise right arm into three-quarter Cleo.
4. Raise left leg and execute full Vertical Eye-Roll with Single Hair Toss.

(continued on page 120)

Great Graphic Floors

Think of your bare wood floor as an empty canvas—and be creative. Here are six original ideas (much cheaper than carpeting) that will turn your bedroom, family room (or any room) into a graphic work of art. None requires special skills or professional help—just a jot of determination and a sense of adventure.

How-to's, page 125.

By Joan Tully, Home Editor.





SPRAY

Make a floorcloth of painter's canvas (left) and spray paint bold blocks of muted colors. We've updated a popular Early American "tile" look: first spraying the cotton canvas in uneven strokes (for texture), then adding a protective coat of polyurethane. Best for a low traffic area—or you can anchor it (for safety's sake) with double-faced tape.

DESIGN

Turn to your wallpaper pattern for inspiration (above)—and make a matching floor stencil. It pulls together a room, providing dramatic unity. Here, we've enlarged the basic design three times to make a snappy border. Note: You can apply the stencil to a plain wood floor or one painted in the wallpaper's background color. For extra pizzazz—paint the baseboard a pick-me-up red.

Photographs by Ralph Bogertman

PAINT

A simple but unusual solution—paint the floorboards with subtle stripes of colors. We coated every two boards with porch floor paint in alternate shades. For more cheer, opt for the contrast of bright primary stripes.



PAPER

Use border-print wallpapers to run around the perimeter. Match the mood of your upholstery fabric (formal, country, modern). Or, give a fuller look to a too-small area rug. Coat papers with polyurethane to prevent wear and tear.



TAPE

Lay down a geometric border with strips of tape. These rugged plastic tapes come in many colors; patterns can be Navajo-inspired or Oriental fantasies. Go further and fake a whole rug. Cutting takes time—but results, terrific. For baseboard color, try a pre-cut vinyl molding by Armstrong.



STENCIL

Clear-cut charm, a scattering of stylized flowers—swiftly applied using a plastic stencil. Tulips in two sizes, plus a larger corner bloom, add a feeling of lighthearted romance. Perfect for a country-fresh bedroom or kitchen. With the pre-cut stencil and stencil brushes (to order Colonial Floral kit, see page 125), you can play and vary the scale and design.





all about nails

Nails can talk. They tell tales–instantly–about care, grooming and good health. Because they are always in the public eye, nails need to be in tiptop shape, giving that finishing touch to your overall look and showing an intelligent concern for self, a sense of confidence. But good nail care takes know-how and some effort. First of all, nails need moisturizing and protection as much as the skin on your face. This is your best defense against the inevitable snag or flipped tip and more serious problems of brittleness and cracking. But take heart; there's a way to solve almost every nail calamity. To start off right, we suggest getting a professional manicure. Once a week at first, then every two or so weeks to find out the correct techniques and maintenance. For follow-up, you can copy the steps at home. Upcoming prettiest look: more oval. Sides are still straight, but slightly rounded corners soften the squareish nails we've been wearing. Colors for summer '81 range from the pale naturals to warmer corals and pinks. Option for evening: the shine of iridescents. Read on for advice on common nail problems and ways to fix up ... fun ideas on what your nail shape reveals...plus tips on daily care.

WHAT'S IN A NAIL

Think of how useful your nails are. For picking things up, protecting your fingertips, adding a certain grace to your motions. But what are they? Basically, nails consist of layers of hard tissue–mostly protein–bound together by bits of oil and water. These special cells grow from the matrix (the area under the lunula, or half-moon). It's the matrix, alive and well, that determines the general condition of the nail. Nails rest on a nail bed of soft, grooved under tissue. Nails seem to grow like snails–about ¼ inch a month. Lots of variables exist. They grow faster during childhood, pregnancy and hot weather. Activities such as piano playing, typing, even nail biting, speed things up. Slower-downers include illness, cold weather and life past age 25. And just for the record, your middle fingernail usually outpaces all others. Also, if you're right-handed, your five right nails will grow faster than your five left ones.

GIVE YOURSELF A HAND

Hands are as individual as fingerprints. There's no set rule for best nail length or shape, but here are our guidelines. Study photo (right) and pick your own proportion.

1. Near-perfect: This is a professional model's hand, with slender, graceful fingers, naturally strong nails shaped in gentle ovals. Even with close to ideal hands, a salon manicure is needed for maintenance.

2. Strong: Fingers are broader, nail beds, wider. For balance, medium-length nails shaped in gentle ovals give a more graceful look.

3. Small: Shorter fingers ending in small, wide na beds. Grow nails double the length of beds and shap more squarely to add slimness, length.

4. Long: These fingers are extremely slender, eve somewhat bony, with longish nail beds. These nails can b kept short (about one-quarter the length of the bed softly rounded—yet still give the illusion of length.

5. Well-proportioned: Tapered fingers with strong nai (about one-third the length of nail bed). Shape to th newest, natural-looking ovals. Pretty!

Photograph by Paccione. Nails by Moi Cosmetology, N.Y.; illustration by Yook Louie; makeup by Bill Westmoreland.

Your Nail Horoscope



Fan-shape
Gently spreading nails indicate a sensitive, artistic nature. You're full of compassion. Patience is always rewarded!



Long, oval
Very imaginative, you talk a blue streak. Skillful at diplomacy. Highly curious-a relentless seeker of learning, travel.



Broad, square
Usually a sign of muscular strength. Ambitious, quite frank. Good at active sports. Often the spotlight is yours!



Short, wide
The passionate one: quiet, intense. Known to be fiercely loyal to your home and family. You love a challenge.

NAIL HEALTH

Nails mirror the overall health of your body. If you eat right (a nutritionally sound, balanced diet), your nails should be stronger, healthier. Many nail problems are due to temporary vitamin and mineral deficiencies. Simple solution: adjust your diet. Another cause of problems is purely external: over-contact with detergents, chemicals, hard knocks. Simple solution: wear gloves. Most disorders are minor enough to wait until your next checkup; if more serious, of course, consult a doctor immediately. Here are some common problems and possible causes, according to Dr. Irwin I. Lubrowe, a New York City dermatologist.

White Spots:	Mainly caused by a blow or small trauma. Also, nerves, illness, extreme cold.
Brittleness:	Generally poor health. If from illness, may not show up until nail grows out, 3-4 months later. Possible vitamin A or calcium deficiency.
Ridges:	Often hereditary or from injury, lack of vitamin B.
Cracking:	Imbalanced diet. Lack of vitamin B2, riboflavin.
Opaque White Bands:	Minor injury or shortage of protein, vitamin A, calcium.
Separation:	When nail plate lifts off nail bed. Causes are fungal infection, allergies, psoriasis, thyroid disorder. Or, trauma, lack of iron.

FIX-IT GLOSSARY

A quick look at the best repair jobs...or how to correct cosmetic wrongs.

Sculpturing: The Rolls-Royce of remedies. Salon-done, time-consuming (2-3 hours) and costly (from $35 to $100). But ... the results look like real nails. You can go from too-short or broken off nails to long, tapered perfection.

Patching and **Wrapping:** Fixups for split or flaking nails. Or to reinforce weak, thin ones. Done at a salon or home. To patch: Take a small piece of mending paper (a coffee filter will work) or plastic, cut to size, set on nail. Tuck underneath tip or side of nail and bond with nail glue. With wrapping, the patch goes around the entire tip of the nail for extra strength.

Liquid Patching: A new technique, good for strengthening thin, weak or brittle nails. The same acrylic mixture used for sculpting is simply brushed on, filed smooth.

Gluing: Very popular remedy for nail emergencies. Perfect for ragged snags, hairline breaks, even a snapped-off tip. (Save it! Glue it back on!) Mighty strong instant bonding glue quickly links nail parts together.

Fake Nails, Tips: Inexpensive at-home kit that's readily available (drugstore, 5&10), easy to use. Trouble is, these glue-on plastic, preformed nails and pieces often look, well, *fake*. Try to file to fit your own nail shape.

WEAK POINTS	HELPERS
Too soft nails	*Try patching, wrapping. Apply one coat of polish every day; massage with cream or oil at night.*
Broken nails	*From being dry or brittle. Patch, wrap or glue. Let nails rest without polish one week per month. Oil base of nails; buff.*
Splitting, peeling	*Glue or patch. Try a protective liquid nylon polish. Add one coat of polish every day (don't pick at it!). No side filing.*
Biting	*Go for sculpturing, fake nails. Break the bad habit. Wear bright, attention-getting polish.*

GOOD GROOMING TIPS

1. File nails in one direction; seesawing weakens them. Don't file the sides; let them grow straight. 2. After shaping, hold file at a 90° angle to nail. File downward to seal the edge, keep water from seeping in. 3. Always remove polish before using instant bonding glue. 4. Emergency repairs. To patch a small crack: a drop of nail repair glue should do. (Never use glue for a crack on the nail bed; it can irritate.) 5. Polish remover can dry nails; use sparingly and infrequently. 6. Don't pick at or peel off polish; you'll take off top nail layer, too. If it chips, camouflage with another coat. 7. Cuticle remover gets rid of rough skin under nail tip. 8. To set enamel rapidly–after it's almost dry, dip fingers into a bowl of ice water for several seconds. 9. If you don't want to wear nail polish, buff your nails. The action of a chamois-covered buffer and powder produces a healthy, rosy sheen.





"Came by to christen your new pool." Suddenly your house is the "in" hangout on the block when the temperature climbs. Perfect light (and budget) lunch for hungry swimmers—eggs baked with buttery onions, cheese.

INSTANT HOSPITALITY

How to Cope with Drop-In Guests

"Knock-knock." "Who's there?" You open your front door to find two or more friendly faces on the threshold. Uninvited . . . but always welcome. While everyone's exchanging hello's, you seem calm and collected . . . yet your mind's racing ahead to what you can rustle up. Making good use of what's in the larder (shelves, refrigerator or freezer), plus our helpful ideas, you emerge triumphant—always the ready and able hostess. For these quick and thrifty recipes, plus broccoli-bacon quiche and more, page 110.



"Couldn't wait to see the wedding pictures!" The honeymoon's over . . . homelife's begun. Fetch the albums and whip up something spectacular for brunch. Bound to impress the in-laws, a towering puff pancake (easy!) cradling brandied cherries—and mocha coffee.

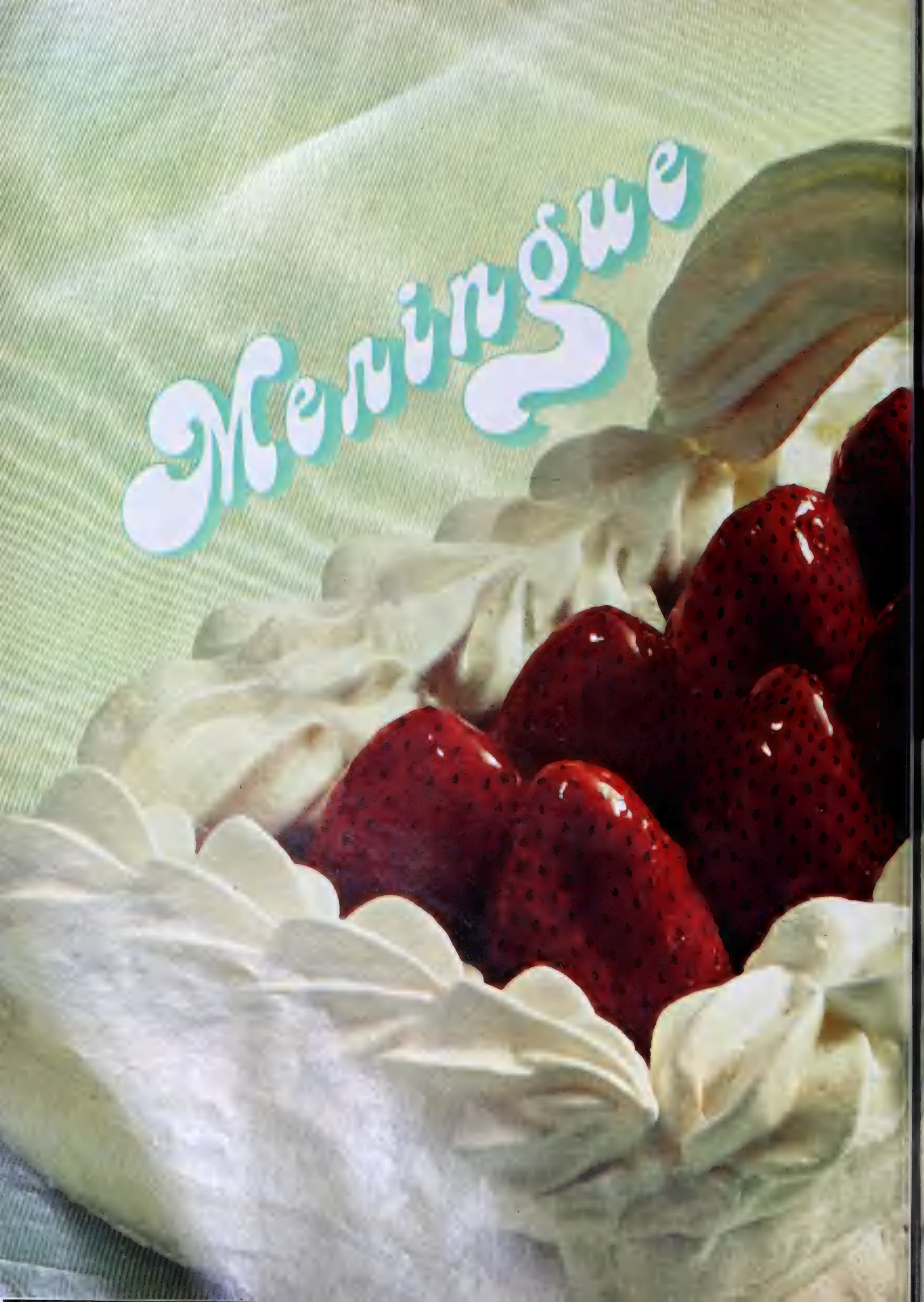


"Hey, Sally . . . Congrats on your big promotion." How could anyone have spotted that itty-bitty squib in the paper? Well, our eagle-eyed friends did. Toast the success while sampling a spicy dip (canned green chili/tomato); cheese twists.



"Just couldn't pass by your turn-off on the thruway." Once again temptation strikes Uncle Louie and his clan on their yearly trek to the lake. Unroll sleeping bags, but first, fix a satisfying supper of chicken tetrazzini—a cinch with cream soup, canned chicken, olives.

Photographs by John Bechtold. Cartoons by Orlando Busino. China and glassware, Lenox. Casseroles, Temper-Ware by Lenox.


Meringue



A showstopper! For pure dazzle (and the prettiest summer desserts), whip up a batch of light and airy meringue—and wait for the cries of delight. Simply a confection of stiffly beaten egg whites and sugar, meringue can be easily worked into puffs, pie shells, rounds (for Dacquoise) or other shapes. Here, our Basket o' Berries, a clever carrier, piped from a pastry tube. Cradled inside, a delicious creamy layer set with lush strawberries. For this recipe and more fragile delights (Coffee Clouds, Spicy Alphabet Cookies), plus how-to's, turn to page 102. By Sue B. Huffman, Food and Equipment Editor.

Photograph by Irwin Horowitz

THE Drumstick Beat



Clockwise from top left:

- German: deep-fried in puffy beer batter; flavored with mustard, caraway.
- Mexican: jiffy to make. Marinated in taco sauce, rolled in corn chips.
- African: smothered with tomato and creamy peanut butter sauce. Dry roasted peanuts add more crunch.
- All-American: everyone's favorite fried chicken. Buttermilk dip gives extra richness.
- Hawaiian: tropical slant with a sweet/sour sauce.
- Recipes, page 108.

Around The World

Drumsticks are fun…easy-to-eat…and best, still a bargain. To make different drummers, we've dressed them up with a world of tastes… from Southern fried to spicy Italian.



Photograph by Nick Samardge

Meringue

continued from page 99

MERINGUE TIPS

Meringue is a confection simply made by beating egg whites and sugar until peaks form. There are two different types of meringue, depending on the proportion of sugar and the method of baking or cooking. The soft, marshmallowy type is most often used as a topping for pies. It can also be poached in milk as a dress-up for pudding or custard (called Floating Island). The hard or crisp meringue featured here is a result of a higher ratio of sugar and longer, slower baking.

Here are some hints for perfect hard meringue:

- It's best to avoid making hard meringue in humid weather. (You get lower volume and less crispness.)
- Softened meringue can be salvaged by heating in a 200°F. oven until crisp.
- Egg whites should be at room temperature for higher volume. However, separate eggs while they are cold—there's less chance of yolks breaking. (We used large eggs in the development of our recipes.)
- Use deep, clean bowl (no plastic, please) free from grease and soap.
- Use an electric mixer; make sure beaters are clean and grease-free.
- Add sugar gradually either in a fine steady stream or tablespoon at a time.
- After sugar has been added, continue beating for 5 minutes.
- Use dry, clean utensils when spreading or shaping meringues.
- Line cookie sheets with foil or unglazed brown paper for easier removal when baked.
- Bake at low temperature—200° to 250°F.
- If you have time, leave meringue in a turned-off oven to dry overnight.
- Store baked meringue in airtight containers so it doesn't absorb moisture or odors.
- Meringue freezes beautifully.

MAY BASKET O' BERRIES
pictured on page 99

This is a smashing presentation for any festive occasion. A pastry bag and tubes are needed to make the basket. If you don't have a set, it's worth the investment.

Basket
- **4 egg whites, at room temperature**
- **⅛ teaspoon salt**
- **1 teaspoon white vinegar**
- **1 cup sugar**
- **¼ teaspoon vanilla extract**

Pastry Cream
- **¾ cup milk**
- **2 egg yolks**
- **¼ cup sugar**
- **2 tablespoons flour**
- **Dash salt**
- **½ teaspoon vanilla extract**

- **1 quart strawberries, washed and hulled**
- **3 tablespoons strawberry or currant jelly, melted**

Line 2 cookie sheets with foil. Using spoon handle, outline a 12x4-inch rectangle on foil on one cookie sheet. Set aside. Preheat oven to 200°F.

Basket: In large mixer bowl combine egg whites, salt and vinegar. Beat at high speed until foamy. Gradually beat in sugar. Add vanilla and beat 5 minutes longer. Measure out 2 tablespoons meringue; cover and set aside. Measure out 1 cup meringue; spread evenly over rectangle. Spoon half the remaining meringue into large pastry bag fitted with ½-inch star tube. Using a shell motif, pipe out two 11-inch strips, leaving about 2 inches between each. Then pipe out two 3-inch shell-motif strips, again about 2 inches apart. To form handle, press out meringue into a semi-circle 4 inches in diameter. Change to ½-inch plain tube. Spoon remaining meringue into pastry bag. Pipe along edges of rectangle, forming a border about ⅜ inch wide. Pipe second border on top. (Add any remaining meringue to reserved 2 tablespoons.) Bake 2 hours. Turn off oven. Let cool in oven at least 1 hour or overnight.

When ready to assemble, carefully peel away foil from meringue sections. Preheat oven to 200°F. Place rectangle on ungreased cookie sheet. Lightly spread top edge of rectangle with some reserved meringue. Top with shell strips. Attach handle across center of rectangle using more reserved meringue. Place in oven just long enough for meringue to set, about 15 minutes. Place cookie sheet on wire rack to cool. *(Can be prepared in advance to this point. Store at room temperature, loosely covered, up to 24 hours.)*

Pastry cream: Rinse small heavy saucepan with cold water. Do not dry. Pour in milk and scald.

Meanwhile, in small mixer bowl at medium-high speed beat egg yolks and sugar until very light. Beat in flour and salt just until smooth. With mixer on low speed gradually add milk, scaping sides of bowl. Return mixture to saucepan. Cook over low heat, stirring constantly with wire whisk, until mixture comes to a boil. (Don't panic if lumps form—mixture will smooth out.) Cook and stir another minute. Remove from heat; stir in vanilla. Cover surface with plastic wrap and refrigerate until chilled, at least 1 hour or overnight.

Up to 1 hour before serving time, transfer basket to serving platter. Spread pastry cream evenly over bottom of basket. Reserve prettiest strawberries to form top layer. Slice remaining berries; spread evenly over cream. Arrange reserved whole berries on top, pointed side up. Brush berries with melted jelly. Chill until ready to serve. Makes 8 servings, about 210 calories each.

Ed. Note: Present basket to your guests at the table but cut for serving in the kitchen. Hint for easier cutting: Hold serrated knife upright and cut with a sawing motion.

TEATIME TORTONI
pictured on this page

A perfect dessert for entertaining—it waits in the freezer until served.

Meringues
- **2 egg whites, at room temperature**
- **Dash salt**
- **½ teaspoon white vinegar**
- **½ cup sugar**
- **¼ teaspoon almond extract**
- **¼ teaspoon vanilla extract**
- **Red and green food coloring (about 4 drops each)**

Crust
- **3 tablespoons butter or margarine, melted**
- **2 cups flaked coconut**

Filling
- **⅓ cup sugar**
- **¼ cup water**
- **3 tablespoons amaretto liqueur**
- **3 egg whites, at room temperature**
- **Dash salt**
- **1½ cups heavy or whipping cream**

Preheat oven to 225°F. Line large cookie sheet with foil; set aside.

Meringues: In mixer bowl combine egg whites, salt and vinegar. Beat at high speed until foamy. Gradually beat in sugar. Add extracts and beat 5 minutes longer. Divide meringue in half. Stir enough red food coloring into one half to tint pale pink. Tint other half green. Drop each half by rounded *(continued)*



Teatime Tortoni



New Nestlé Slice & Bake Recipe.

Now you can have Toll House® Cookies whenever you want.



Mix dough and use half now.



Prepare remaining half for refrigerator or freezer.



Then, whenever you're ready, just Slice & Bake!

Now it's even easier than before to enjoy real Toll House® Cookies whenever you want them. With Nestlé's new Slice & Bake Recipe. Just make a large batch of cookie dough and follow the directions to refrigerate or freeze half for use later. You'll find the Slice & Bake Recipe below, and on special 18-oz. Value Packs of Nestlé Semi-Sweet Morsels at participating retailers. So pick one up today. And enjoy Toll House Cookies whenever you want.



While supplies last, buy 12 oz., and get an extra 6 oz. at half price.

SLICE & BAKE COOKIE RECIPE

Now you can enjoy the delicious taste of Toll House Cookies anytime of the day . . . *without* having to prepare a dough! This specially designed Slice & Bake recipe lets you make 6 dozen cookies now and refrigerate or freeze the remaining dough for use later. All you have to do is . . . Slice & Bake!

- 3 cups plus 6 measuring tablespoons unsifted flour
- 1½ measuring teaspoons baking soda
- 1½ measuring teaspoons salt
- 1½ cups butter, softened
- 1 cup plus 2 measuring tablespoons sugar
- 1 cup plus 2 measuring tablespoons firmly packed brown sugar
- 1½ measuring teaspoons vanilla extract
- 3 eggs
- One 18-oz. pkg. (3 cups) Nestlé Semi-Sweet Real Chocolate Morsels
- 1½ cups chopped nuts

Preheat oven to 375° F. In small bowl, combine flour, baking soda and salt; set aside. In large bowl, combine butter, sugar, brown sugar and vanilla extract; beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in Nestlé Semi-Sweet Real Chocolate Morsels and nuts. Divide dough into halves. Drop one of these halves (for 6 dozen cookies) by rounded teaspoonfuls onto ungreased cookie sheets.

BAKE at: 375° F.
TIME: 8-10 minutes.

Wrap remaining dough in waxed paper. Chill one hour until firm. Divide the dough into halves. On waxed paper, shape each dough half into a 9" roll. Roll in waxed paper; refrigerate up to 1 week or freeze up to 8 weeks. To bake, preheat oven to 375° F. Cut each chilled roll into nine 1" slices. Cut each slice into 4 quarters. Place on ungreased cookie sheets.

BAKE at: 375° F.
TIME: 8-10 minutes.
Total recipe makes 12 dozen cookies.

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Nestlé



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Meringue

continued

teaspoonfuls about 2 inches apart onto cookie sheet. Bake 1 hour and 15 minutes. Turn off oven. Let cool in oven at least 1 hour or overnight. Carefully peel away foil from meringues.

Crust: Preheat oven to 325°F. In small saucepan melt butter or margarine over low heat. Remove from heat; add coconut and mix well. Pat evenly in bottom of ungreased 9-inch springform pan. Bake until lightly browned at edges, about 15 minutes. Place on wire rack to cool.

Filling: In small saucepan combine sugar, water and 2 tablespoons amaretto. Bring to a boil over medium heat. Continue to cook until syrup reaches soft ball stage (236°F. on candy thermometer). In large mixer bowl combine egg whites and salt. Beat at high speed until foamy. Add syrup in a fine steady stream, beating constantly; set aside. Whip heavy cream with remaining 1 tablespoon amaretto. Fold into filling; set aside.

Arrange half the meringues on crust. Spoon filling over meringues. Tap pan on counter once or twice to help settle filling; spread evenly to edges. Arrange remaining meringues on top. Cover and freeze until firm, several hours or overnight. Makes 8 to 10 servings, about 400 calories per 8, 320 calories per 10.

COFFEE CLOUDS

Relatively simple as meringue desserts go.

Meringues
3 egg whites, at room temperature
1½ teaspoons instant coffee
Generous dash salt
¾ cup sugar
Filling
1½ cups heavy or whipping cream
2 tablespoons confectioners' sugar
2 tablespoons coffee-flavored liqueur
Semisweet chocolate, shaved

Line 2 large cookie sheets with foil; set aside. Preheat oven to 225°F.

In large mixer bowl combine egg whites, instant coffee and salt. Let stand 1 minute to dissolve coffee. Beat at high speed until foamy. Gradually beat in sugar. Beat 5 minutes longer. Spoon meringue into large pastry bag fitted with ½-inch star tube. Press out into 3x1½-inch rectangles using a back and forth motion. Bake 1½ hours. Turn off oven. Cool in oven 1 hour or overnight. Carefully peel meringues from foil.

Up to 1 hour before serving time, beat heavy cream on low speed until slightly thickened. Add confectioners' sugar and liqueur and beat on medium speed until mixture holds its shape when dropped from a spoon. Spread about 3 tablespoons whipped cream on the flat side of one meringue. Make a sandwich with second; place on its side. Sprinkle cream with shaved chocolate. Refrigerate until ready to serve. Makes 10 to 12 servings, about 205 calories per 10; 170 calories per 12.

SPICY ALPHABET COOKIES

A great way to decorate cakes.

¾ cup sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg
1/16 teaspoon cloves
3 egg whites, at room temperature
Dash salt
½ teaspoon vanilla extract

Line 2 cookie sheets with foil; set aside. Preheat oven to 225°F.

In small bowl combine sugar, cinnamon, nutmeg and cloves; mix well and set aside. In large mixer bowl combine egg whites and salt. Beat at high speed until foamy. Gradually beat in sugar mixture. Add vanilla and beat 5 minutes longer. Spoon meringue into large pastry bag fitted with ½-inch plain tube. Pipe meringue onto cookie sheets to form letters of your choice, making them about 3 inches high. Bake 1 hour. Turn off oven. Let cool in oven at least 1 hour or overnight. Carefully peel from foil. Makes about 2 dozen, about 25 calories each.

DACQUOISE AU CHOCOLAT

Dacquoise—a French confection defined as chopped nuts folded into meringue—one of the best desserts we have tasted.

Meringue layers
3 egg whites, at room temperature
Dash salt
¾ cup sugar
1 cup pecans, toasted and finely chopped
Chocolate Butter Cream
2 squares (1 oz. each) unsweetened chocolate
1 square (1 oz.) semisweet chocolate
⅓ cup sugar
¼ cup water
3 egg yolks
1 cup unsalted butter, softened
1½ cups heavy or whipping cream
Confectioners' sugar
1 tablespoon dark rum

Line 2 cookie sheets with foil. Using spoon handle, outline a 10-inch circle on each; set aside. Preheat oven to 225°F.

Meringue: In large mixer bowl combine egg whites and salt. Beat at high speed until foamy. Gradually beat in ½ cup sugar. Beat 5 minutes longer. Combine pecans and remaining ¼ cup sugar; mix well and fold into meringue. Divide mixture and spoon half onto each outlined circle; spread evenly into 10-inch rounds. Bake 1 hour and 15 minutes. Place cookie sheets on wire racks to cool.

Chocolate butter cream: In double boiler melt chocolate over hot, not boiling, water. Let cool slightly. In small saucepan combine sugar and water. Bring to a boil over medium heat; boil 2 minutes. In small mixer bowl beat egg yolks slightly at medium speed. While still beating, add syrup in a fine steady stream. Increase speed to high; beat 5 minutes longer. (Use a timer—if you don't beat the yolks long enough, butter cream won't be proper consistency.) Reduce speed; beat in butter 1 tablespoon at a time. Beat until smooth, then beat in chocolate; set aside.

When ready to assemble, beat cream until thickened in large mixer bowl on low speed. Add 1 tablespoon confectioners' sugar and rum and continue to beat on medium speed until mixture holds its shape when dropped from a spoon; set aside. Carefully peel foil from meringues. Place one layer on serving plate. Spread with ½ cup butter cream to within 1 inch of edge. Spoon remaining butter cream into pastry bag fitted with ½-inch star tube. Pipe rosettes around edge of meringue, reserving 2 to 3 tablespoons. Spoon whipped cream inside ring of rosettes. Sprinkle top of second meringue with confectioners' sugar. Place over cream. Decorate top of cake with remaining butter cream. Chill 1 to 2 hours before serving. Makes 16 servings, about 320 calories each. (Hint for easier cutting: Hold serrated knife upright and cut with a sawing motion.)

LIME ANGEL PIE

A crispy meringue shell holds creamy, tart lime custard—heaven!

Meringue shell
3 egg whites, at room temperature
Generous dash salt
¾ cup sugar
1 teaspoon vanilla extract
Filling
1¼ cups sugar
1 envelope unflavored gelatin
3 eggs, separated
¾ cup evaporated milk, undiluted
¾ cup fresh lime juice
½ cup heavy or whipping cream, whipped
Lime slice for garnish
Mint sprigs for garnish

Meringue shell: Preheat oven to 225°F. Grease 9-inch pie plate; set aside. In large mixer bowl combine egg whites and salt. Beat at high speed until foamy. Gradually beat in sugar. Add vanilla and beat 5 minutes longer. Spread evenly over bottom and sides of pie plate. Bake 1½ hours. Turn off oven. Let cool in oven at least 1 hour or overnight.

Filling: Combine 1 cup sugar and gelatin in heavy 1-quart saucepan; mix well. Blend egg yolks and evaporated milk; stir into dry ingredients. Cook on medium-low heat, stirring constantly, until mixture coats a metal spoon. Do not boil. Remove from heat; stir in lime juice. Chill until slightly thickened, about 1½ hours. Stir occasionally.

In large mixer bowl beat egg whites at high speed until foamy. Gradually beat in remaining ¼ cup sugar. Continue beating until stiff peaks form. Fold into lime mixture, then fold in whipped cream. Chill until mixture holds its shape when dropped from a spoon, about 1 hour. Spoon into meringue shell. Chill until set, about 2 hours. Garnish with lime slice and mint, if desired. Makes about 8 servings, about 320 calories each. **End**

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The Drumstick

continued from page 101

GERMAN DRUMSTICKS
pictured on page 100

Chicken deep-fried in a beer batter deliciously flavored with mustard and caraway.

1 cup all-purpose flour
1 teaspoon caraway seed
Salt
¼ teaspoon pepper
1 cup beer
8 chicken drumsticks (about 1¾ lbs.)
2 tablespoons German-style mustard
Salad oil for deep-frying

In medium bowl combine flour, caraway seed, 1 teaspoon salt and pepper. Add beer, stirring with wire whisk until smooth. Let stand at room temperature for 15 minutes to 1 hour. Meanwhile, lightly sprinkle drumsticks with salt, then brush with mustard.

In Dutch oven or deep-fat fryer, heat oil to 375°F. on deep-fat thermometer. Dip chicken pieces in batter, coating on all sides but allowing excess batter to drain back into the bowl. Fry drumsticks, a few at a time, 20 to 25 minutes or until golden brown and cooked through. Drain on paper towels. Keep warm in a 200°F. oven while frying remaining drumsticks. Makes 4 servings, about 530 calories each.

MEXICAN DRUMSTICKS
pictured on page 100

Only four ingredients in this crunchy kid-pleaser.

½ cup bottled taco sauce
1 tablespoon salad oil
8 chicken drumsticks (about 1¾ lbs.)
2 cups corn chips

In 9-inch square dish combine sauce and oil. Add drumsticks and turn to coat with sauce. Cover and marinate about 1 hour.

Preheat oven to 350°F. Grease 13x9-inch baking pan. Place corn chips in plastic bag and crush. Shake drumsticks in crushed chips to coat and place in baking pan. Bake 45 minutes, turning once. Makes 4 servings, about 440 calories each.

AFRICAN DRUMSTICKS
pictured on page 101

A sauce of peanuts and peanut butter with a hint of red pepper for zing.

2 tablespoons salad oil
8 chicken drumsticks (about 1¾ lbs.)
1 teaspoon salt
1 cup chopped onions
1 garlic clove, crushed
1 can (16 oz.) whole tomatoes, undrained
⅛ to ¼ teaspoon crushed red pepper flakes
¼ cup chopped unsalted, dry-roasted peanuts
¼ cup creamy peanut butter

In Dutch oven or skillet heat oil over medium heat. Add drumsticks, sprinkle with ½ teaspoon salt and brown on all sides. Remove drumsticks. Drain off all but 1 tablespoon oil. Add onions and garlic; sauté until onions are golden brown. Stir in tomatoes and juice, remaining salt and red pepper flakes, breaking tomatoes into pieces. Return drumsticks to Dutch oven; cover and simmer 35 minutes, stirring once. Remove drumsticks to serving platter; keep warm. Add peanuts and peanut butter to tomato mixture, stirring well. Heat through. Pour peanut sauce over drumsticks. Garnish with additional chopped peanuts, if desired. Makes 4 servings, about 550 calories each.

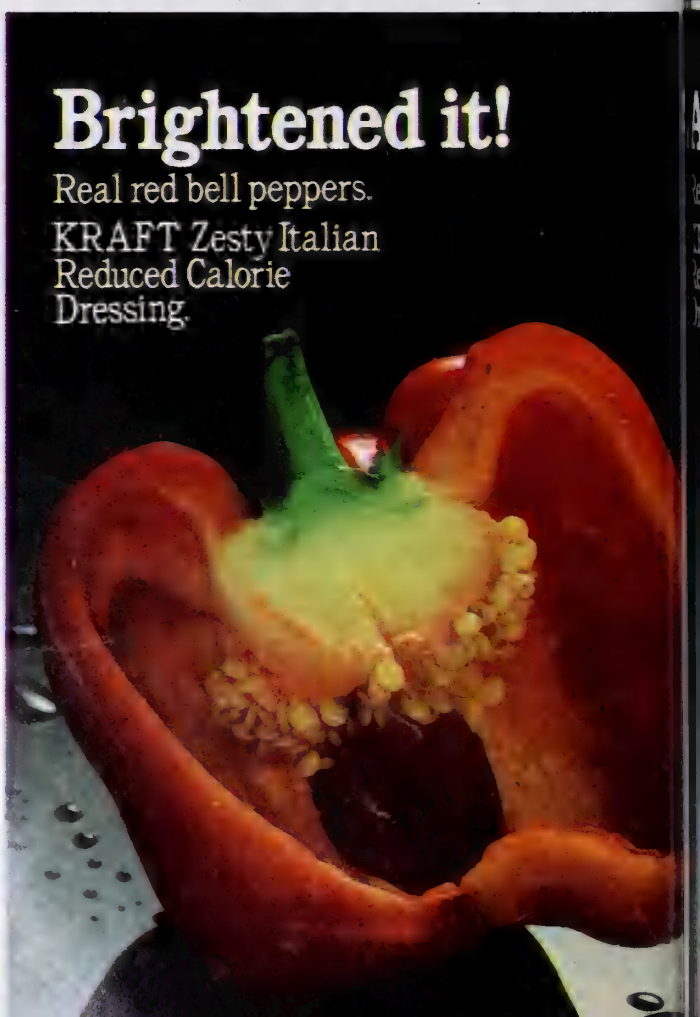
ALL-AMERICAN DRUMSTICKS
pictured on page 101

Down-home fried chicken is hard to beat. This version calls for buttermilk, which lends extra flavor.

8 chicken drumsticks (about 1¾ lbs.)
⅔ cup buttermilk
¾ cup all-purpose flour
1½ teaspoons salt
1 teaspoon onion powder
¼ teaspoon pepper
1 cup vegetable shortening

Put drumsticks in bowl and pour on buttermilk. Turn to coat each piece. Marinate in refrigerator at least one hour. Combine dry ingredients in paper or plastic bag; add drumsticks and shake until well-coated.





Meanwhile, melt shortening in heavy skillet over medium-high heat. Add drumsticks and cook, turning frequently, until lightly browned. Reduce heat to low, cover and cook 20 minutes, turning occasionally. Remove cover; cook over medium-high heat 3 more minutes to allow chicken to crisp. Drain on paper towels. Makes 4 servings, about 425 calories each.

HAWAIIAN DRUMSTICKS
pictured on page 100

These drumsticks are cooked in a classic sweet-sour sauce with green pepper and pineapple.

3 tablespoons butter or margarine
8 chicken drumsticks (about 1¾ lbs.)
½ cup chopped onion
½ cup diced green pepper
2 tablespoons dark brown sugar
1 tablespoon cornstarch
½ teaspoon salt
2 tablespoons white vinegar
2 tablespoons ketchup
1 can (8 oz.) crushed pineapple, undrained
Canned sliced pineapple rings, for garnish (optional)

In Dutch oven melt butter or margarine; add drumsticks and brown lightly on all sides. Add onion and pepper and cook 5 minutes. Cover and simmer 20 minutes or until drumsticks are tender.

Meanwhile, combine sugar, cornstarch and salt in small bowl. Add vinegar, ketchup and crushed pineapple; stir to dissolve sugar and cornstarch. Add pineapple mixture to chicken and cook, stirring, until sauce thickens and comes to a boil. Garnish with pineapple slices, if desired. Serve immediately. Makes 4 servings, about 380 calories each.

ORIENTAL DRUMSTICKS

One of the easiest recipes to prepare. Marinate overnight, then merely bake for about an hour.

¼ cup soy sauce
3 tablespoons dark brown sugar
2 tablespoons lemon juice
2 tablespoons sherry
1 tablespoon salad oil
1 teaspoon ground ginger
⅓ cup chopped green onions
1 garlic clove, crushed
8 chicken drumsticks (about 1¾ lbs.)

In 9-inch baking dish combine all ingredients except drumsticks. Add drumsticks, turning to coat all sides. Cover and marinate in refrigerator 3 hours or overnight, turning occasionally.

Preheat oven to 350°F. Bake uncovered 60 to 70 minutes, or until drumsticks are tender, turning once. Makes 4 servings, about 295 calories each.

FRENCH DRUMSTICKS

Deboning chicken legs is a bit of a production, but is an unusual way to serve the versatile drumstick.

8 chicken drumsticks (about 1¾ lbs.)
1 slice (1 oz.) Muenster cheese, folded in half twice, cut into 8 ¼x2-inch pieces
1 slice (½ oz.) boiled ham, cut into 8 1x2-inch pieces
About ⅛ teaspoon tarragon
2 eggs
1 teaspoon salt
⅛ teaspoon pepper
¾ cup dried bread crumbs
2 tablespoons salad oil
1 tablespoon butter

To bone: With sharp paring knife, begin at wide end of drumstick. Pull skin and meat along bone as you scrape meat from bone, leaving meat in one piece with skin attached. Cut skin around base of bone and pull bone out. (Reserve bones for making broth, if desired.) Turn meat skin side out.

Place piece of cheese on each piece of ham. Sprinkle lightly with tarragon. Roll up and insert ham/cheese roll into cavity of each drumstick. Tuck in ends.

Beat eggs with salt and pepper. Dip drumsticks in eggs, then roll in bread crumbs.

Heat oil and butter in large skillet over medium heat. Add drumsticks and cook, turning occasionally, until golden brown on all sides, about 15 to 20 minutes. Reduce heat to low, cover and cook 15 minutes. Remove cover and cook over medium-high heat about 5 minutes to allow chicken to crisp. Serve immediately. Makes 4 servings, about 440 calories each.

(continued)



Drumstick

continued

ITALIAN DRUMSTICKS

No marinating necessary here—just coat, shake in crumbs and bake.

¼ cup butter or margarine, melted
1 teaspoon Dijon mustard
½ teaspoon oregano
1 garlic clove, crushed
¾ cup dried bread crumbs
½ cup grated Parmesan cheese
¼ teaspoon salt
8 chicken drumsticks (about 1¾ lbs.)

Preheat oven to 350°F. Grease 13x9-inch baking pan; set aside. In shallow bowl combine butter or margarine, mustard, oregano and garlic; set aside. Combine bread crumbs, cheese and salt in paper or plastic bag. Roll drumsticks in butter mixture to coat, then shake in bread crumbs. Bake in prepared pan 40 minutes, turning once. Makes 4 servings, about 450 calories each.

INDIAN DRUMSTICKS

Amazingly low in calories, these drumsticks are great cooked outside on the grill, but can be broiled as well.

1 onion, cut into chunks
⅔ cup plain yogurt
3 garlic cloves
1½ teaspoons ground coriander
1 teaspoon ground ginger
1 teaspoon ground cumin
½ teaspoon ground red pepper
½ teaspoon salt
8 chicken drumsticks (about 1¾ lbs.), skin removed

In food processor or blender combine all ingredients except drumsticks. Process or blend until puréed. Pour into 9-inch baking dish.

Slash drumsticks on all sides at ½-inch intervals with sharp knife. Place in baking dish in one layer, turning to coat all sides. Cover and marinate in refrigerator 4 hours or overnight, turning occasionally.

Place drumsticks on rack of broiler pan or grill. Broil or grill about 5 inches from heat, turning frequently, 20 to 25 minutes. (Chicken should be slightly charred.) Makes 4 servings, about 165 calories each. **End**

Drop-In Guests

continued from page 97

BE PREPARED

Emergency shelf items (pantry, refrigerator and freezer) are highly personal. Some may give top priority to a tin of caviar and several good pâtés, while others wouldn't be caught without last-minute spaghetti fixings on hand.

In addition to the usual staples which we *know* you wouldn't be caught without, here are some handy items our staff thought were essentials. This will inspire you to start planning for your own emergency shelf.

TO KEEP ON HAND:

Pantry

Canned beans, bread crumbs, tomatoes, tomato sauce, tomato paste, chicken, ham, tuna, fruit and fruit drinks, olives, buttermilk baking mix, evaporated milk, nuts, variety of pastas, selection of canned soups, chips, crackers, muffin mix, preserves, honey, bacon bits, salad dressings, ketchup, mustard, onions, potatoes.

Refrigerator

Eggs, milk, mayonnaise, cheese, refrigerated biscuits, butter or margarine, lemons, oranges, carrots, celery, grapefruit sections or fruit salad.

Freezer

Pie crusts, vegetables, ground beef made into ¼ lb. patties (easy thawing), various breads, English muffins, cake or cookies, fruits, ice cream, pancake batter, sausage/bacon, frozen chopped onion, orange juice and other fruit juices.

OEUFS À L'OIGNON
pictured on page 96

Ambrosia for onion lovers—this is a divine brunch or late-supper quickie.

¼ cup plus 1 tablespoon butter or margarine
5 cups thinly sliced onions (about 1½ lbs.)
3 tablespoons flour
1 teaspoon salt
¼ teaspoon nutmeg
2 cups milk
1 cup shredded Gruyere or Swiss cheese
6 hard-cooked eggs, sliced

In large skillet melt ¼ cup butter or margarine. Add onions; cook over medium heat, stirring occasionally, until golden, about 10 minutes. Add flour, salt and nutmeg; cook 1 minute. Remove from heat; stir in milk. Cook until mixture comes to a boil; boil 1 minute. Remove from heat; stir in cheese. Preheat oven to 350°F.

With remaining butter or margarine, grease 6 individual au gratin dishes or 8-inch square baking dish. Spread half the onion mixture on bottom(s). Cover with sliced eggs; top with remaining onion mixture. Bake 20 to 25 minutes. Makes 6 servings, about 350 calories each.

Menu go-withs: Orange sections or mixed fruit salad, tomato juice or Bloody Mary, coffee cake or rolls.

DUTCH PANCAKE WITH BRANDY CHERRY SAUCE
pictured on page 96

One of our favorite standbys. Can also be served with butter and maple syrup or almost any flavor fruit filling.

Pancake
¼ cup butter or margarine
1 cup all-purpose flour
1 cup milk
4 eggs
1 tablespoon sugar
1 teaspoon vanilla extract
½ teaspoon salt

Sauce
⅓ cup brandy
1 tablespoon sugar
¼ teaspoon cinnamon
1 can (21- or 22-oz.) cherry pie filling
¼ teaspoon grated orange peel
1 tablespoon butter or margarine

Preheat oven to 400°F. Place butter or margarine in 10-inch ovenproof skillet and heat in oven for 5 minutes.

Meanwhile, combine remaining pancake ingredients in mixer bowl, food processor or blender; beat until smooth. Remove skillet from oven; pour in pancake batter. Return to oven and bake 20 minutes until puffy and brown on edges.

Sauce. Combine brandy, sugar and cinnamon in medium saucepan. Bring to a boil. Add cherry pie filling and orange peel; heat mixture through, stirring occasionally. Stir in butter or margarine just before serving time. Makes 2¼ cups sauce.

Spoon 1 cup sauce into pancake. Cut into wedges. Pass remaining sauce. Makes 4 servings, about 445 calories each. Extra sauce, 25 calories per tablespoon.

Menu go-withs: Pineapple/grapefruit juice, sausage patties or bacon, Irish coffee or other liqueur-flavored coffee.

SPICY BEAN DIP

Toss these six on-hand ingredients into the food processor or blender. Voilà! A tasty dip in seconds.

1 can (16 oz.) kidney beans, drained
1 garlic clove, mashed
1 tablespoon mayonnaise
1 teaspoon Worcestershire sauce
1 teaspoon lemon juice
⅛ teaspoon bottled hot red pepper sauce
Jalapeño pepper for garnish, if desired

Place all ingredients in food processor or blender; process until smooth. Serve with raw vegetable sticks and/or crackers. Makes 1 cup, about 30 calories per tablespoon.

Menu go-withs: Cheesy Twists, South of the Border Fondue, beverages.

CHEESY TWISTS
pictured on page 97

Crispy, cheesy munchies made from refrigerated biscuits.

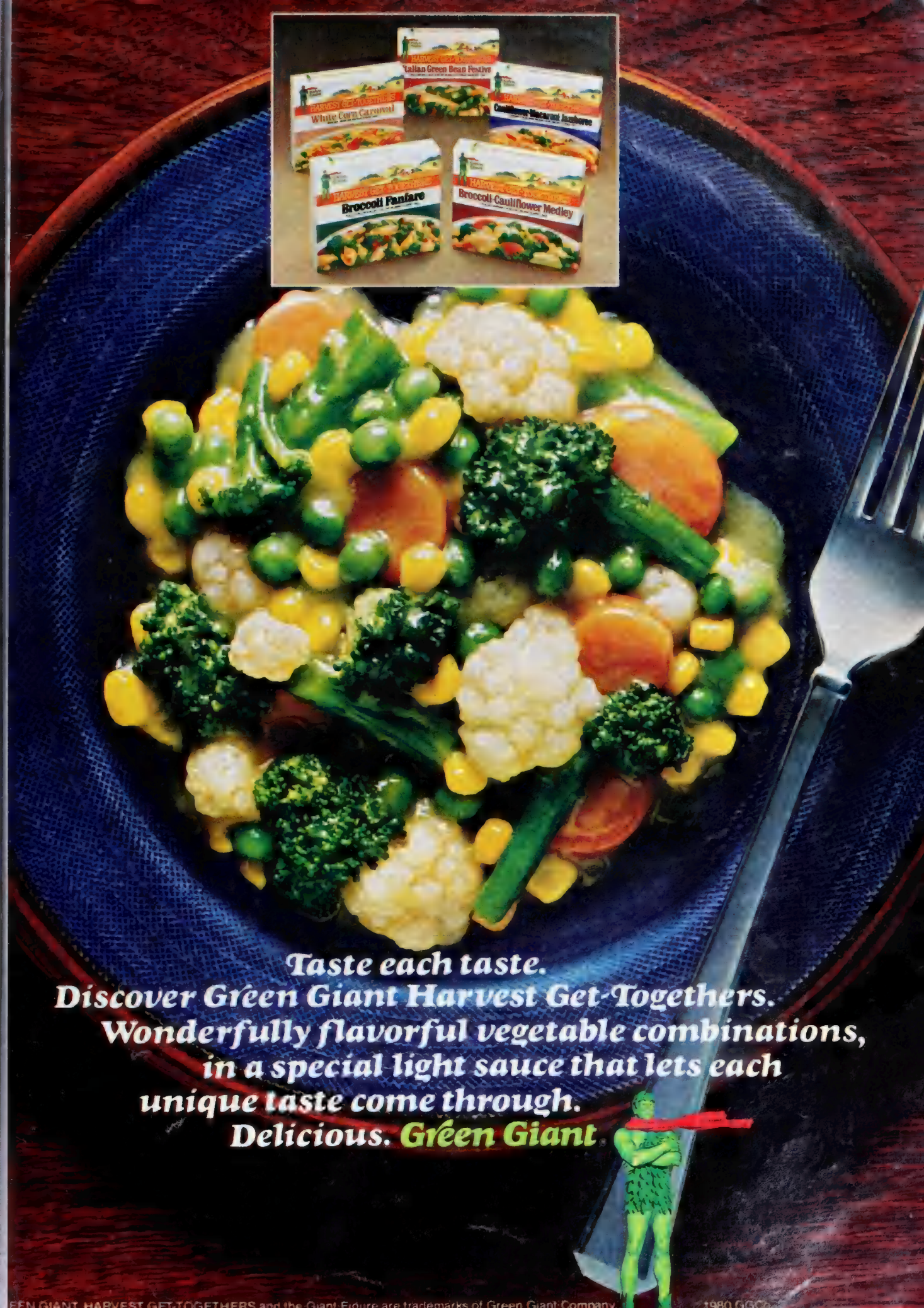
¼ cup butter or margarine, softened
½ cup grated Parmesan cheese
½ teaspoon Dijon mustard
1 can (7.7 oz.) refrigerated biscuits

Grease 2 cookie sheets and set aside. Preheat oven to 400°F. In small bowl cream butter or margarine, cheese and mustard. Stretch each biscuit into 5x2-inch rectangle. Spread cheese mixture evenly over rectangle; cut each into 4 lengthwise strips. Twist into ropes; place 1½ inches apart on cookie sheet, pressing ends onto sheet. Bake 5 to 8 minutes. Makes 40, about 40 calories each.

Menu go-withs: Spicy Bean Dip, South of the Border Fondue, beverages.

SOUTH OF THE BORDER FONDUE
pictured on page 97

Get out the fondue pot and whip up this quickie cheese dip. *(continued)*


Italian Green Bean Festive
White Corn Carnival
Broccoli Fanfare
Broccoli-Cauliflower Medley
Taste each taste.
Discover Green Giant Harvest Get-Together.
Wonderfully flavorful vegetable combinations,
in a special light sauce that lets each
unique taste come through.
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Drop-In Guests

continued

1 can (10 oz.) chopped green chilies and tomatoes
1 cup pasteurized process cheese spread
1 tablespoon cornstarch
1 tablespoon water
Tortilla chips and/or raw vegetables

In fondue pot or saucepan combine chilies and tomatoes with cheese spread. Cook over medium heat, stirring until smooth. Mix cornstarch with water. Pour a bit of the hot cheese mixture into cornstarch and stir. Return cornstarch mixture to pan and bring to a boil. Serve hot with tortilla chips and/or raw vegetables. Makes 2 cups dip, about 25 calories per tablespoon.

Menu go-withs: Spicy Bean Dip, Cheesy Twists, beverages.

CHICKEN TETRAZZINI
pictured on page 97

You can use leftover cooked chicken or turkey for this as well as canned. This recipe doubles easily.

2 tablespoons butter or margarine
½ cup chopped fresh or frozen onion
¼ cup dry vermouth
1 can (10¾ oz.) condensed cream of mushroom soup, undiluted
1¼ cups milk
1 can (8 oz.) sliced water chestnuts, drained
1 can (5 oz.) chunk chicken
½ cup grated Parmesan cheese, divided
⅓ cup sliced, pimiento-stuffed olives
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon nutmeg
8 ounces spaghetti, cooked and drained

Preheat oven to 350°F. In 2-quart flameproof casserole, melt butter or margarine. Add onion and sauté until translucent. Add vermouth and bring to a boil; boil 1 minute. Stir in mushroom soup, milk, water chestnuts, chicken, ¼ cup cheese, olives, salt, pepper and nutmeg. Mix until blended. Add spaghetti and mix well. Top with remaining ¼ cup cheese. Bake 20 to 25 minutes. Makes 4 servings, about 475 calories each.

Menu go-withs: Marinated green bean salad with bottled Italian dressing, white wine, pound cake topped with frozen strawberries.

CROQUE MONSIEUR

A French toast-type sandwich that features canned chunked ham.

1 can (6¾ oz.) chunked ham
2 tablespoons mayonnaise
2 tablespoons sweet pickle relish
½ teaspoon Dijon mustard
8 slices stale or toasted bread
8 slices (6 oz.) Monterey Jack, Muenster or mild Cheddar cheese
2 eggs
2 tablespoons water
Pinch nutmeg
1 tablespoon salad oil
1 tablespoon butter or margarine

In small bowl combine ham, mayonnaise, relish and mustard. Top each of four bread slices with slice of cheese, then spread on ¼ cup ham mixture. Top with remaining cheese and bread slices.

In shallow baking dish beat eggs with water and nutmeg. Dip sandwiches on both sides. Heat oil in large skillet over medium-high heat. Add butter or margarine and heat until foamy. Add sandwiches and cook 4 to 5 minutes on each side. Serve immediately. Makes 4 sandwiches, about 535 calories each.

Menu go-withs: Pickled beet salad, celery sticks, coffee or tea, fruit.

BROCCOLI BACON QUICHE

Frozen pie shells have myriad uses, plus we like to keep evaporated milk around for last-minute recipes.

Frozen 9-inch pie crust
3 eggs, beaten
1 package (10 oz.) frozen chopped broccoli, cooked and drained
⅓ cup chopped fresh or frozen onion
1 cup milk or evaporated milk
½ cup canned real bacon bits
½ cup grated Cheddar cheese
¼ teaspoon nutmeg

Preheat oven to 400°F. Brush pie crust with some of the beaten eggs and prick crust with fork. Bake 12 minutes.

Meanwhile, in large bowl combine eggs and remaining ingredients, stirring until blended. Remove pie shell from oven; reduce heat to 350°F. Pour broccoli mixture into pie shell. Bake about 40 minutes until firm in center. Makes 4 servings, about 480 calories each.

Menu go-withs: Grated carrot salad, coffee or tea, fresh fruit and cookies. **End**

Enough Time

continued from page 80

T.J. Robbins was a nice-looking man, Meg decided, with even teeth and almost Nordic features. His eyes were deep blue, his hair reddish. He wore pale blue shorts and matching shirt dotted with tiny tennis rackets. She suspected he had a whole new vacation wardrobe, as did the boys. But he didn't look happy. Not even a little bit.

Gazing through the same French doors later in the afternoon, she saw the family on the beach. The older boy sat reading at an umbrella-shaded table, while the younger one rested his chin in his palm and stared at the Gulf. Mr. Robbins, by contrast, was earnestly striding into the water, bringing them gifts from the shoals, excitedly picking up a Frisbee and suggesting games. The pantomime was obvious. She had seen it many times before.

When dinner time came, Meg—peeking through the yellow lattework into the dining room—could see that the boys left their meals practically untouched. Mr. Robbins ordered a big sundae for each of them.

By dawn the next day, when Meg came upon them in her morning beach walk, T.J. Robbins was a somber man. He stood in the placid waves, ankle deep, while his sons perched glumly 30 yards away on a piece of sun-bleached driftwood.

"Hello, Mr. Robbins."

"Hello!" He brightened with the prospect of someone to talk to. "Look what I've found." It was a perfect, glistening olive shell, milky white.

"Beautiful! It's hard to find one that doesn't have the top chipped away."

"You take it," he said with such longing that she put out her hand for it. "I can't believe this." He gestured toward heaps of shells that the tide had thrown near a jetty. "That pile is two feet deep in places. I feel I've come upon buried treasure. How many varieties are there?"

Elation tingled through her like a breeze. "Hundreds and hundreds! And they all have names."

Tiny points of light sparkled under a wave. She reached down swiftly and retrieved from the greenish surf an almond murex shell, and set it in his palm. There. A token of friendship. He smiled.

"I hope the rest of your visit will be as good," she offered.

"It's terrific here. But . . ." He looked down, into the water. "Scott and Bryan act as though I've kidnapped them."

"I'm sorry." She glanced uneasily toward the children. "Maybe they'll warm up after a while." He seemed so sincere, so anxious to please. What did they dislike about him? Well, it was really none of her concern. She waved at the boys and passed along down the coast toward the inn.

The sight of its white turrets and verandas never failed to reassure Meg. It was adorned with aging ceiling fans, baskets of pink bougainvillea, rough plank floors and hand-worked gingerbread trim. A sense of Flynn family history wafted through it. The cottages, built one at a time over three decades, fanned out in all directions. There were 19 of them and Meg knew the wallpaper, tile and carpet of each one.

At suppertime, T.J. Robbins came to the desk.

"Can I get my money back if we check out in the morning?"

"Well, we have a four-day minimum. I'm afraid not. Is someone ill?"

"No." His face colored with embarrassment. "My boys . . . don't want to stay. They want to go home. To their mother."

"Oh."

"We're divorced. They live with her." The anguish in his expression unsettled Meg.

"Have you tried the pool?" she suggested. "It's heated. Or maybe they'd like to drive through the bird sanctuary. It's very interesting." *(continued)*



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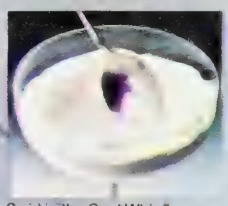
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Rainbow in a Cloud



Swirl in the Cool Whip®



Spoon in the Jell-O® Gelatin.

1 package (3 oz.) JELL-O® Gelatin, any flavor
1 cup boiling water
½ cup cold water
1⅓ cups thawed BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping

Dissolve gelatin in boiling water. Add cold water and pour into 8-inch square pan. Chill until firm, at least 3 hours. Cut into cubes, using sharp knife that has been dipped in hot water. Quickly dip pan in warm water. Remove cubes with spatula. Spoon about ⅓ cup of the whipped topping into each of 4 dessert glasses. Using back of spoon, make depression in center and spread topping up sides of glasses. Spoon gelatin cubes into glasses. Chill. Makes 4 servings.



GF
GENERAL FOODS

Enough Time

continued

"I don't think so. The only place they want to drive is back to the airport." He paused. "Well, I'll think it over. Thank you."

During the next two days, T.J. Robbins was a one-man entertainment factory. He dashed back and forth across the tennis court, serving ball after ball to his sons who made half-hearted attempts to return the volleys. He bought bags of baby back ribs, key lime pie and other island foods to spread picnic-style on the beach. In the end, the gulls ate them. He splashed about in the pool while the boys sat sullenly on the edge.

Meg, observing all this activity from the wide, multi-paned windows of the main house, began to suffer with him. Sad feelings crept into her stomach and stayed. It was out of the question, then, to decline when he asked her to go with them to the bird sanctuary on his fourth and last evening there.

His name was Ty, he said: Tyler Jackson Robbins.

The sun was sliding down through the mangrove limbs as their car inched along the sand road into wilderness. Tyler Jackson had chosen a good time to watch birds, she thought. They were all coming home to roost, lighting with grace beside what seemed like thousands of glittering puddles of flat swampland: white egrets, blue herons, pink roseate spoonbills—feeding, preening.

He smiled genuinely, for the first time in days, and stopped the car near a high, wooden observation deck. Bryan and Scott got out, and started up the steps.

"Be careful up there," Ty called to them.

They waved in answer. Was it her imagination or did they seem a little warmer, more relaxed?

She and Ty stood beside the car watching wings and the reflection of wings, folding and unfolding for as far as they could see.

Ty's arms were crossed over his chest like a shield. Suddenly, he spoke into the silence with a low, emotion-choked voice. "I'm sorry it's over. I keep thinking that if I could just keep my kids here long enough, I could make them love me."

His honesty startled Meg. She reached out and tucked her hand under his elbow, moving closer to his rigid frame, thinking of all the love she had tried to legislate over the years and understanding the strangely reverse effect of that tack. People had left her. People she cared about. She had learned not to risk herself.

Below them in the tarry edge of the marsh, hermit crabs by the hundreds skittered over one another to dig holes and hide themselves. Meg looked up at Ty. "It's been tried, you know."

"What's been tried?"

"Keeping people here forever, in the hope of love."

He studied her with curiosity and a hint of amusement. "You've tried it?"

Meg chuckled. "No, not me. But I've been tempted."

He grinned, and then—remembering the boys—turned to check on them. They were silhouetted against a rainbow of clouds, framed by the tall pillars of the deck.

"A pirate, José Gaspár, stole women from ships and held them captive here in the late seventeen-hundreds. That's why the island is called Captiva."

He shifted his arm slightly, putting a very gentle pressure on her hand. "You are kidding."

"No! His favorite captive was Josefa, who came from a very fine Spanish family. He was determined to marry her. He separated her from the other women. She had her own island nearby. It's called Useppa—probably a form of her name."

In Ty's change of mood, Meg felt a sense of beneficent power. She could bring him happiness for this minute, distract him from reality by telling him a simple legend, by clinging gently to his arm. His eyes—blue, blue—regarded her with a light affection.

"José asked Josefa many times, but her answer was always the same."

"No?"

"Yes. I mean, no! Yes, her answer was *no*." They both laughed. She became aware of his physical being, of wanting to be embraced by him. She glanced away, awkwardly. They could hear Scott and Bryan starting down from the observation deck.

"And then what happened?" he whispered. His breath was close; intimate, like a thought. Her eyes began to sting with unexpected caring.

"José tried for a long time. Years, I think. Finally, he became furious and . . ." Magic leaped between them. Meg wanted to reach out to Ty. She had forgotten the tightening throat, the sweet ache of infatuation. But here it was. Again. ". . . Hit her . . . with a sword," she finished in a hushed tone.

Ty raised his eyebrows. The boys were crossing the road toward them. "And that's the end?"

"Well, it was the end of *her*. But, of course, there were other women."

She peered intently into the children's faces as they approached. Scott, the older son, had a lot of curl to his amber hair. His face was a pronounced oval, set with his father's eyes and blessed with golden skin. Bryan, she guessed, had the dark straight hair of his mother. His mouth drooped in a pout. What *could* one do to elicit their love? Was it hopeless, or a matter of time and tenderness? For Gaspár, there were other women. But for Ty, seeing himself in the shape of his sons' heads or in the curve of their young bodies, there were no other children on earth.

"What were you talking about?" Bryan asked. Meg smiled, enjoying his candor.

"Now, Bryan, that's not . . ." Ty began. Polite, he was going to say.

"Pirates," Meg answered quickly. Better not to shut the boys out in any way. Better, for Ty, to draw them in.

Bryan reshuffled his expression. "Pirates?" She could see the curiosity springing up in him.

"Mmhum. There was a pirate, fierce Gasparilla, a long time ago. He buried little chests of coins and jewelry all over these islands."

"Really? Captiva? Here?" Bryan was glancing to Scott for guidance. Scott looked doubtful.

"Really. Here and on Pine Island. And Gasparilla Island, north of us. And other places, too."

"But they dug it up again," Scott—ever older and more cautious—said.

She could feel the electricity of the boys' attention to her, the timidly growing flower of communication. And she could sense, in Scott's skepticism, the depth of his loss.

"He dug up a lot of it," Meg agreed, "maybe all of it. And took it away. But there might still be something good to be found, if you keep on trying and thinking it can happen."

"Do *you* think it can happen?" Bryan asked.

"Oh, yes! I do. I still do." She was enchanted now with their eager faces, the jumble of their needs. A soft gladness floated over her. "I still look. I dig holes in the backyard."

They laughed then—disbelieving, wanting to believe. But it was true. Sometimes she spaded up the sand for fun and fancy's sake.

Back at the inn, Ty paid the bill since they had an early morning flight to Boston and would be gone before sunup. Some of the romantic spell had disappeared. Meg and Ty sized each other up across the old mahogany front desk.

"I'm sorry we have to leave," he said. "Maybe we'll get back next year."

She handed him his receipts. "I hope everything gets straightened out for you."

The boys had run off to their cottage and a late evening silence filled the main house.

"Thanks for all you did, Meg. You made it easier. You see, we're like strangers—Scott and Bryan and I. When we lived in the same house, I never had enough time for them. Never *took* time. I'm late starting. Don't know if I can catch up." He ran his fingers along the beginnings of lines in his forehead. "Sure hope I can."

The next morning, opening *(continued)*



The pleasure is back.

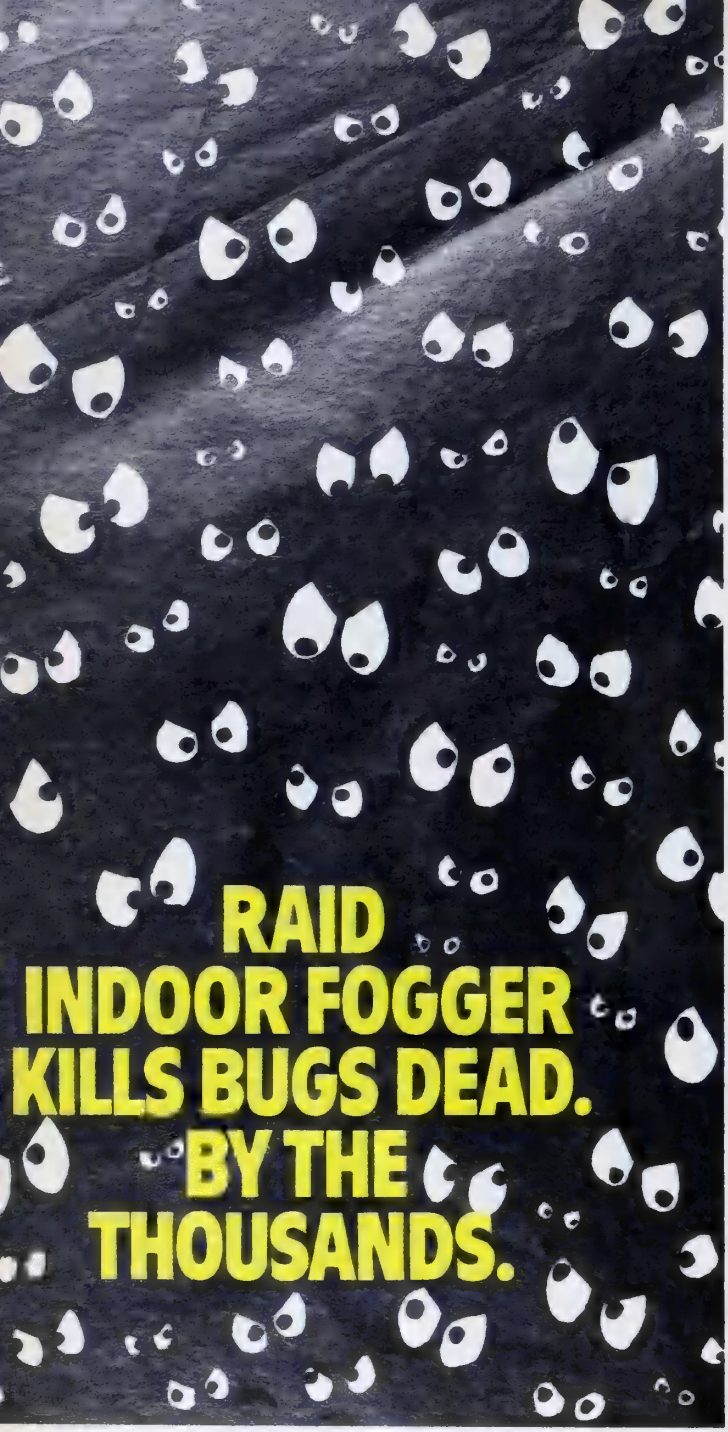
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Enough Time

continued

their rooms for airing, gazing at the spot in the sand where their car had been parked, Meg swallowed the impulse to cry. After all, it would always be like this. People would come. And people would go. She admitted to herself that she hardly knew them anyway.

She loved the inn: the coolness and clink of the keys as she sorted them, the aroma of fresh sheets stacked on closet shelves, the stream of new faces and accents. And if no one got to know her, if no one stayed around long enough for the coconuts overhead to ripen and drop, and slosh when she shook them, if there were no one who truly shared island life with her except her busy mother, well . . .

Would the season ever be right?

She ambled about in Ty's cottage. The maid had not yet cleaned it and there was the poignancy of pop cans in the wastebasket, wet towels on the sink. She carried the used linens to the sorting room herself and laid them in a canvas bag. Turning, Meg saw at a distance Ty's car pulling into the main lot, showering powdery sand from its tires. Hope prickled at her skin.

He climbed out, his sons tumbling after him with exuberant expressions. Bryan hung onto Ty's belt, questioning, gesturing toward the beach. Ty put a hand on Bryan's shoulder, touched Scott's hair lightly and nodded, smiling. The boys immediately took off toward the brilliant sails and high sun of the Gulf.

Ty strode up the steps of the main house and into the lobby. Meg, seeing this, cut through the back gardens, across green sodded yards where men were noisily mowing. She ran up the back stairway. In the front hall, they caught sight of each other. He blushed, the pink of his face spreading clear to his collar.

"They . . . wanted to come back," he said. "We got all the way to the airport and out to the gate but I . . . didn't want to make the same mistake twice."

She nodded. They grew silent. The amazing gift of future hours seemed to stretch before them like a map. They could find their way from here, she felt sure: he who had owned love and not taken time to show it, she who had owned time and never had love to fill it. Yes. They would find a path.

"I'll ask her if she has something to dig with!" It was Scott's voice. Through the screen of an open window, Meg could see the two boys hurrying along the porch and tugging at the French doors.

"I do," she cried as they entered. "Let's get it!"

There was a knot of conversation then, from all of them—spilling, overlapping: a thousand joys in a small space. The questions waiting to be asked and answered around this wondrous circle were as many as the shells of morning.

Even Ty was excitedly talking, describing the Australian pines. "All along the road on Captiva, they're leaning out toward the Gulf. They're getting ready to fall into it! The water's about to take over the road, too. I can't understand why I didn't notice it when I first drove up. How long has it been like that? What does it mean?"

The shadow on the weathered sundial was casting a gray finger at the X as they clamored outside to find a shovel. Just ten o'clock. Early. She would tell Tyler Jackson all about barrier islands and how, over the years, they change shape, easing their trees into the sea. About how some islanders say Captiva should be rebuilt by dredging up sand from the Gulf basin. About environmentalists, who believe barrier islands should be allowed to shift with the wind and tide as they happen in order to protect the mainland.

She would tell him much Captiva fact and lore. She could sense by the way his arm firmly encircled her waist that there would be quite enough time. **End**

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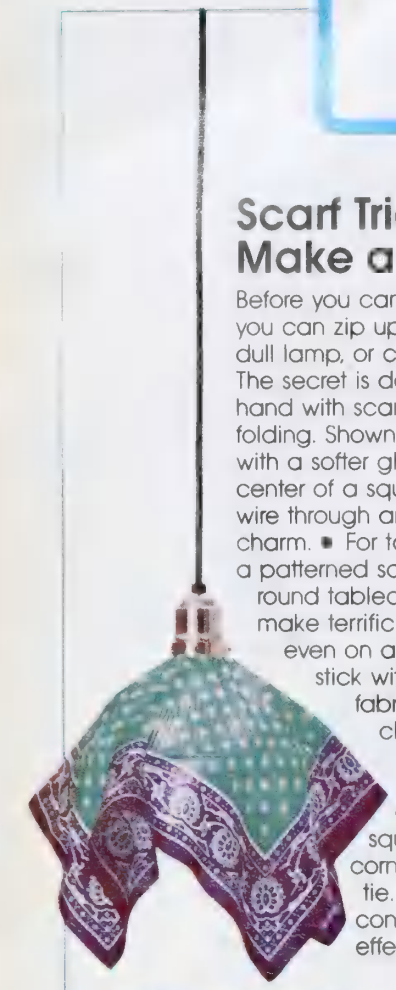
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HOME JOURNAL

Scarf Tricks: Make a Little Magic

Before you can say "abracadabra," you can zip up a tired sofa, perk up a dull lamp, or cover up a droopy table. The secret is doing a little sleight of hand with scarves—tying, draping and folding. Shown below . . . ■ Lighting with a softer glow. Cut a slit in the center of a square scarf; slide fixture wire through and presto!—instant charm. ■ For table drama, just drape a patterned scarf over a plain round tablecloth. Or, oblong scarves make terrific runners (not shown), even on a bare surface. Best to stick with cotton or polyester fabrics—they're a snap to clean. ■ Fast pillow "cases" with class. Place a square pillow diagonally on large square scarf. Fold scarf corners into center of pillow; tie. (We used scarves with contrasting borders for this effect.) Scarves by Echo.







Lounging Around

With the lazy days of summer just around the corner, you may have visions of sipping a cool drink while relaxing in new porch, patio or poolside furniture. But what to choose? ■ *Redwood* is durable and requires little maintenance. Look for sturdy construction—solid joints and wide, thick boards. Remember though, the thicker the wood, the heavier it will be to move around. Redwood stain fades in the sun. To keep a "new" rather than "weathered" look, apply a redwood stain about every two years. ■ *Aluminum* is a good buy, takes little care except washing. It should also be strong, durable—heavy enough not to blow over in a breeze or bend out of shape. Aluminum outdoor furniture also comes coated with a plastic material, making it impervious to salt water, dampness, chlorine or sunlight. The plastic coating doesn't fade or discolor, needs only a water-wash now and then. Extra-care tip: For added protection of aluminum furniture (especially the non-coated kind), apply car wax in spring and fall. When shopping, look for welded frames rather than riveted or screwed ones that may loosen or break. Seating is usually vinyl, either lacing (a wrapping of one long piece) or strapping (individual strips). Vinyl should return to shape after being stretched, yet not be too tight (uncomfortable) or too loose (saggy).

Home Sweet Home

Buying (or selling) a home could be your family's most important decision. To help: a sensible, easy-to-read guide that includes everything you'll need to know about making the process go smoothly. For the "Home-buyer's Information Package," send $4.95 to: Supt. of Documents, U.S. Gov't Printing Office, Dept. 32H, Wash., D.C. 20402. Specify GPO Stock # 023-000-00508-5

Photographs by Frederic Blum. Illustrations by Yook Louie. Border by Raymond Ameijide.



THE GE TIMEMAKER™ RANGE:
25 MINUTES.



THE REGULAR RANGE:
1 HOUR, 15 MINUTES.

DON'T LET A GOOD LOOKING CHICKEN KEEP YOU WAITING.



THE TIMEMAKER™ RANGE FROM GE GIVES YOU THE SAME GOOD COOKING IN LESS TIME. Why wait for your regular range to cook a chicken golden brown, when the TimeMaker range from General Electric can give you the same beautiful results in a fraction of the time.

The TimeMaker range uses a combination of regular heat for golden brown results and microwaves for fast cooking. So now the beautiful bird that used to take an hour and 15 minutes is ready to serve in only 25 minutes.

And because man does not live by chicken alone, General Electric includes a special cookbook with hundreds of fast and delicious recipes, from an 18-minute meatloaf to a 20-minute apple pie.

The TimeMaker range lets you cook with regular heat only or microwaves only, so you can use it as a full-sized regular oven or a full-sized microwave oven.

And as if that weren't enough, it even cleans itself automatically.

To put it simply, the TimeMaker range from GE gives you the same good cooking in less time. So a good looking chicken will never keep you waiting again. Or a good looking turkey. Or a good looking roast. Or a good looking ham. Or...

For your nearest TimeMaker dealer, call toll-free (800) 447-4700. In Illinois only, call (800) 322-4400.

WE BRING GOOD THINGS TO LIFE.

GENERAL ELECTRIC

MISS PIGGY'S EXERCISE GUIDE

continued from page 89

The Bedroom—Your own private gymsnoozium

Anyone who has seen speeded-up films of persons sleeping knows that the average individual probably gets more exercise asleep than anywhere else. But you must not be so exhausted from unnecessary physical activity during the day that you just lie there, too sore to take full advantage of your "beauty wrestle."

My forty-winks, daily-doze shape-up

1. Lie down on bed in comfortable position with head on pillow.
2. Do one cover pull-up (grasp covers, pull up to chin, then release).
3. Slowly close eyelids.
4. Begin sheep count (*and a* one sheep, *and* two sheep, *and* three sheep . . .).

Don't throw a physical fit

You may already be fit *and not even know it.* Take this teensy test and see. Give yourself one point for each "yes" answer. If you score more than 5, you should stick to a low-calisthenic diet.

1. Are you able to take elevators without getting winded?
2. Do you run to the phone at least three times a week?
3. Can you walk five blocks with a broken heel?
4. From a standing position, can you get 50 cents in change out of your purse without setting it down?
5. Can you make and eat a cake in under one hour?
6. With your hands at your sides, can you swing your hair in a complete circle with a single motion of your head?

When you are hot, you turn on the fans

Like any super star, I have a public figure, and I must be prepared at all times for the rigors of life lived in the limelight. I know that when I am recognized by crowds of adoring fans (this can happen dozens of times in a single day), I have an obligation to return their wild enthusiasm with appropriate—and physically demanding—gestures. And this means being in absolutely top physical condition at all times.

Exercising caution

Many people embark impulsively on an ill-considered program of planned physical activity without giving any thought to the often very strenuous exercises they are already doing. If you are like *moiself,* you are leading such an active life that additional exertion is both pointless and foolhardy. The few examples below give an excellent picture of my exhausting physical program, and explain why, when it comes to additional exercise, I do a "Daily Doesn't."

Activity	Annual Total
Lifting cup of hot chocolate (6 ounces), 10 sips (approximately 4 pounds) per day	2.4 tons
Walking from bedroom to closet and back to bedroom mirror to admire outfit, 20 feet, 30 times per day = 600 feet	80 miles
Getting up to change TV channel (40 times per day average)	11,000 repetitions
Time spent in full stretch reaching under bed to get shoes, which have somehow slipped under there (4 minutes per day)	9 hours

LHJ's Note: We again remind you that Miss Piggy is not a mathematician.

Fun can be exercise

Your hobbies and recreational pursuits are an important source of exercise. For example, I find that a vigorous round of shopping (at least one store an hour) is both stimulating and refreshing. (A word of warning: If you are a little out of condition, I would begin with light windo shopping, and build up gradually fro there.) At first, try on a few small thing like shoes, hats and gloves, and th move on to whole outfits and the heavi coats and furs. Within a very short tim you should have developed a really acti charge account, and you will be ready tackle advertised closeouts and stor wide clearance sales.

Are your clothes fit?

If your wardrobe is not getting enou exercise, it can quickly get "out of shap I recommend giving your garments good stretching each day with son "loosening-up" exercises. All this involv is trying on everything in your closet. word to the wise: If you find that one more of your garments needs replacin do not automatically purchase another the same size. I am sorry to say that th inflation we are now experiencing appli to sizes as well as prices, and you will fin that a given measurement—say 26—really only last year's 23 or 24 and simp will not fit.)

Some final diet tips

1. Do not weigh yourself constant Every time you stand on the scales, stretches the little springs and wing nu inside and slowly presses them flat. Th result, *even with no weight gain wh soever,* is that the scale makes you a pear to weigh a little more each time.

2. There is no such thing as a "co rect" weight for any particular height- there are only averages. And *moi,* wh have a perfect figure, can tell you that th idea of going on a diet is *not* to becom so thin that when you are at a party an turn sideways, people think you left earl

3. If you do not like it, do not eat it. N matter how good it is supposed to be f you, it is just taking up space for som thing you do like. You can eliminate a l of calories on the very first day of you diet by entirely cutting out things yo hate.

4. Never eat anything at one sittin that you can't lift.

5. Always use one of the new—and fa more reliable—elastic measuring tapes t check on your waistline. **En**



Beginning pin-up

1. Assume Standard Demure Startin Position, hands at sides, feet a comfor able distance apart, body facing mirro 2. Put hands on hips, tilt head slightly t one side. 3. Place one hand on hair a back of head and bend opposite knee teensy bit. 4. Pivot on foot, shifting weigh as you turn head and eyes up, and say "Oooooooooooooh." (This positio can be held as long as you like.)



Unicap M - it fills in vitamins and minerals you may miss by dieting.

If you're a regular dieter—or even an occasional one—you could know this: dieting *can* reduce your intake of both vitamins *and* minerals. Vitamins *and* minerals. They are equally important. And Unicap M has both.

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That's why Unicap M is called a *vitamin-mineral supplement*—it *supplements* your diet. And that's why it can be especially important to dieters.

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FOOD JOURNAL



STAR QUICKIE

Sour Creamy Chops. Rub four 1-inch pork chops with sage, salt, pepper. Heat 2 Tbs. oil in skillet. Brown chops. Add 1 sliced onion, 1 cup beef broth. Cover, simmer 25 minutes. Combine ½ cup sour cream, 1 Tbs. flour. Remove chops from skillet; add sour cream; cook until smooth, stirring constantly. Remove from heat; pour sauce over chops. Serves 4.



EQUIPMENT ROUND-UP: PASTRY BAGS AND . . .

Shy about trying fanciful twists and twirls with a pastry bag? Put your fears aside—it's both easy and fun. Just a little practice makes perfect. Decorate cakes (whose birthday is next?), fill cream puffs, stuff eggs. Make wonderful meringues (such as our basket, page 98), canapés or cookies. Give a professional look to vegetable pureés, mashed potato rosettes. • Bags come in canvas, nylon, vinyl; some plastic-lined for quick cleaning. Sizes range from 8" to 30". • For a beginner, a kit such as Wilton's (includes instruction book, bags, tubes, coupler, colorings) guides you step-by-step. About $5.

TUBES

With a few basic pastry tubes, you can create almost endless designs, experimenting with different angles, pressure. Tubes (from left to right): *Round*, for writing, dots. *Star*, for stars, shells, rosettes. *Rose*, for flowers, ribbons. *Leaf*, for petals, trim. • To use: drop into bag before filling. Handier, plastic coupler (center) allows you to change tubes without emptying bag. (Not shown: *Flower Nail*, base for making roses.)



DIET DESSERT

(Almost) Sinless Chocolate Mousse.

Chop 2 squares (1 oz. each) *semisweet* chocolate into small pieces. Combine with ⅓ cup boiling water in blender for 30 seconds, scrape down sides. Add 1 Tbs. sugar, 1 tsp. vanilla extract, 2 egg yolks; blend 30 seconds. Pour into medium mixing bowl; fold in 4 stiffly beaten egg whites. Spoon into 6 individual serving dishes. Makes 6 servings, about 85 calories each.

KITCHEN TIP: TURKEY ROLL-UP

This traditional bird isn't just for cold-weather holidays. Welcome summer (and barbecue season!) with this tasty yet easy rolled turkey breast. 1.Split whole, boned and thawed breast in half (shown); skin each









(reserve skin); butterfly each piece by cutting horizontally in half, but don't cut through. 2. Open up meat along hinge and pound until ½ inch thick. 3. Spread with about 3 cups stuffing. We used prepared stuffing mix, chopped spinach and slivered almonds. Roll up, beginning at narrow end. Lay skin on top of roll. 4. Tie securely with string. Repeat with other half-breast. Brush with butter. Roast at 400° for about 1½ hours. Each serves 6-8. Hint: Slice any leftover roast into 1-inch thick pieces; wrap individually; freeze.

Introducing the decaffeinated person.

The flavor of High Point® did it.

WHAT IS A DECAFFEINATED PERSON? That's someone who knows how good it is to savor great coffee flavor without the caffeine—something *you've* always wanted—and the rich, robust flavor of High Point makes it happen.

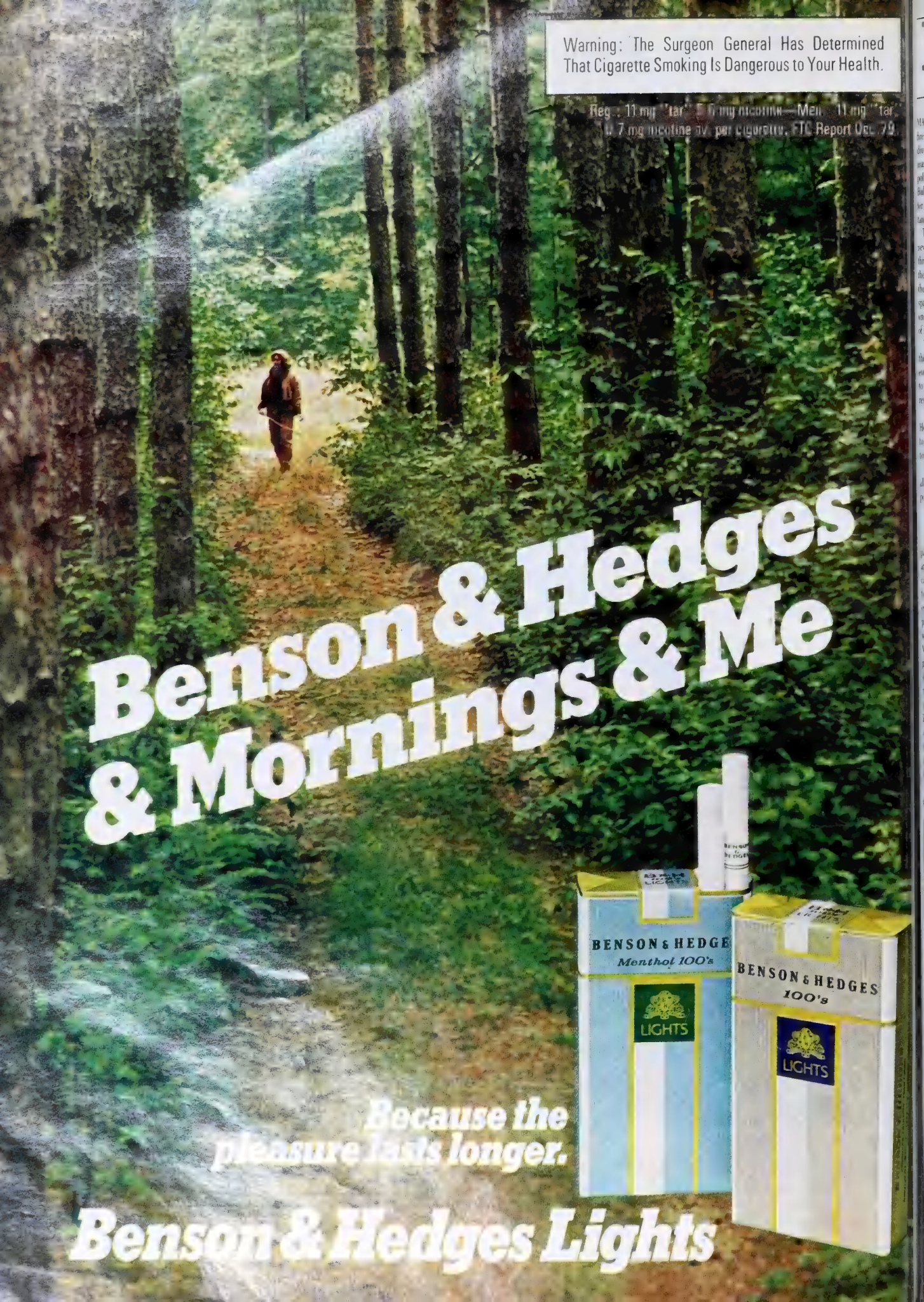
HIGH POINT IS MADE IN A DIFFERENT WAY. We start with premium decaffeinated beans. Then High Point takes a patented extra step that mills some of the coffee into flakes glistening with flavor.

HIGH POINT LOOKS DIFFERENT; HIGH POINT TASTES DIFFERENT. High Point has an exclusive process that captures and preserves real coffee flavor. So, the glistening flakes you see mean real coffee flavor in your cup. High Point is 97% caffeine-free but so full of flavor you'll agree—High Point doesn't just decaffeinate coffee, it decaffeinates people, too!



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Reg.: 11 mg "tar" 0.7 mg nicotine—Men. 11 mg "tar" 0.7 mg nicotine av. per cigarette, FTC Report Dec. 79
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Because the pleasure lasts longer.
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Floors

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SPRAY

MATERIALS: Krylon spray paints: Chippewa, Bonfire, Pearl Gray; painter's canvas—unprimed, medium weight—52" wide and as long as you want; masking tape; cardboard; newspaper; gray thread; polyurethane.

Rule off border edge 1½" wider than desired to allow for hemming; mask with tape. Mark position of rectangles on tape edge.

To make masks for rectangles, crease and tear newspaper to make three rectangles, 9" x 16½". Place three masks around first rectangular area on cloth so they slightly overlap the area to be sprayed to achieve the irregular, soft-edged look. Some areas of white space will be left, while some spray paint will filter under. Keep rest of cloth covered loosely with sheets of newspaper.

To spray, use short bursts of spray paint (instead of the usual spraying technique that calls for smooth, even strokes). When first rectangle is dry, move masks to next and continue. When body of rug is finished, remove border tape.

To spray border, cover inner area with newspaper. Hold a torn cardboard edge along edges of rectangle to mask them. Spray color along border, spraying toward cardboard in short bursts.

When rug is dry (about 1 hour), fold under seam allowance and stitch with gray thread. Coat with polyurethane. Wait 24 hours and coat again.

DESIGN

You can design a stencil based on any repeat wallpaper pattern. Some wallpapers in stencil patterns are particularly easy to adapt. The wallpaper shown can be copied freehand if you feel confident enough to do so. Or, follow the directions for cutting your own stencil to insure accuracy. The floor here was painted with three coats of white latex paint before it was stenciled.

MATERIALS: Wallpaper design, tracing paper, transparent waxed stencil paper (available at art supply stores), X-acto knife with #11 blade, acrylic paint to match design, stencil brush (art supply store), polyurethane, 2-inch brush.

Trace section of wallpaper to be enlarged. Draw a grid over tracing. Enlarge grid 2, 3 or 4 times, depending on how large you want the design. Transfer design onto larger grid. Border shown is 7 inches wide, design three times original.

To cut stencil: Determine how far from wall you want pattern to start. Leave at least that much margin on the waxed stencil paper when cutting your design. If you want more room to work in, you can trim stencil paper later. This way you can slide stencil along wall line to maintain the correct position. If wall isn't exactly straight, border will still be lined up correctly. To cut design, tape transparent waxed stencil paper over enlarged design and cut out with X-acto knife.

To apply paint: Use acrylic paint from tube or mix colors to match those of wallpaper. We used Cadmium red and Cobalt blue. Tap stencil brush into a small amount of paint (remove excess by dabbing bristles on some newspaper). Work with rather dry brush. Hold stencil paper firmly on floor or keep in place with masking tape (unless tape will mar surface), and tap the paint on cutaway areas. When a color is dry, place piece of paper over it while stenciling another color. When you remove stencil, wait for paint to dry before placing it down again to continue pattern.

To protect painted surface of floor, coat with high gloss polyurethane. Let dry, apply a second coat for extra hardness.

Designed by Leslie Linsley, a craft designer and author of many craft books.

Wallpaper: Party Stripe from the Caprice Collection by Benchmark. For information, write Style-Tex Strahan Wallcoverings, 121 Webster Ave., Chelsea, Mass. 02150.

PAINT

MATERIALS: Benjamin Moore Porch and Floor Enamel in several colors (we used Platinum Gray, Tealtone and Silver Green), 2" paintbrush, masking tape.

This enamel is best applied to a sanded floor. Follow label directions for your type of floor. The advantage of this paint is that it provides a strong, high-gloss surface coating and doesn't penetrate wood as thoroughly as some other paints, making it easier to remove when you want a new look.

Decide how wide you want stripes on floor to be. Our painted stripes cover two floorboards each. Paint all the boards you want to be one color at the same time, masking adjoining boards with tape so that edges are straight. Allow to dry 24 hours before giving the boards a second coat. After drying is complete, lift masking tape and paint next set of stripes.

PAPER

MATERIALS: Wallpaper, wallpaper paste, sponge brush, metal ruler, razor blade, damp sponge, wallpaper brush or roller, polyurethane, 2-inch paint brush.

Measure floor area to be covered and cut paper strips. We used a 7-inch border around the room. The baseboard is partially covered with a second paper and finished off with border of a

(continued)

FLOOR STENCIL KITS

See COLONIAL FLORAL #8217 on page 93. Pictured here VICTORIAN ROSE #8218 and FLOWERING VINE #8219. Each kit contains one 9½ × 12½" pre-cut, see-through, reusable plastic stencil, two special brushes and instructions. To order, complete and mail coupon below with your payment.

LADIES' HOME JOURNAL, Dept. 233
1419 West Fifth Street, Wilton, Iowa 52778

Please ship ____kits @ $9.95 + $2.00 p&h each $ ____
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Charge ☐ American Express ☐ Master Charge ☐ Visa

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Signature _____

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#8218 ROSE



#8219 VINE



Stainless sample $1.

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Great beginnings start with Oneida stainless. Please send me a sample stainless teaspoon in the pattern(s) I have checked. I am enclosing $1. for each spoon ordered. Complete services can be purchased at fine stores everywhere. Offer is limited to a choice of up to three spoons, one spoon per pattern.

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Floors

continued

third pattern. Measure baseboard and cut paper fit. Be sure to match designs where they mee corners and seams.

Apply wallpaper paste to back of paper strips floor. Start at one corner and smooth paper along line. Smooth out any air bubbles with wallpa brush or roller. A rolling pin can also be used.

Attach strips of paper to baseboard the same Use damp sponge to wipe away excess paste. Le paper dry, following label directions on paste. paper with polyurethane, either high gloss or ni finish. Let dry overnight before applying a sec coat.

Wallpaper: Embassy Row #67836 from Wall Miniatures Collection. Diamond Line #M-854 Folklore #R-853, from Wall-Tex Tailor M Collection.

TAPE

MATERIALS: Scotch Colored Plastic tape in bot and 1½" widths, green and yellow or desired coll Size of border will determine quantity. Each contains 125 inches. There will be some waste purchase an extra roll of each width and color. M suring tape or carpenter's rule; straight edge or y stick; masking tape (optional); pencil; ruler; wax per; scissors; single edge razor blade, X-acto or knife; small piece of thin cardboard; carpen square, drafting triangle or a good-sized piece of cardboard with a true right angle.

Apply tape to a floor that has a polyurethane fin

Draw outline on floor with a pencil, or make "d of masking tape at intervals. Use the floor boards square or triangle to make sure the border is alig with the room. Make sure floor is clean and fre dust before applying tape.

Apply ¼" green tape with its outer edge al pencil outline. Apply tape slowly and carefully, w out stretching it. Lay it down lightly and check straightness (use straight edge) before pressin down tight. (3M plastic tape is easy to pick up reposition.) Overlap tape at corners, extending piece about an inch beyond the corner. Using ra blade, carefully cut both layers of tape across corner (from inside to out). Peel off excess on up layer. Peel back the other side, remove excess neath it, replace strip.

To start a new roll of tape in the middle of a s overlap the ends about an inch and use same cut-a peel method to butt the ends.

When outside is complete, measure 3 inches from *inside* of tape strip and draw outline for in border. Apply tape same way, but continue corn across border so they overlap outside edge. Ap short strips crosswise inside border, keeping th perpendicular to outlines and evenly spaced abo inches apart (exact spacing will depend on size rug). Overlap inner and outer borders slightly. W all strips are down and carefully checked for strai ness, etc., cut off excess tape at edge of borders remove.

Use ¼" yellow tape for the "X" motif in the bor squares. Each tape strip along the sides should 2½" long, each strip for the corner boxes should 3½" long, each with both ends cut to points. easiest way to do this is to make a thin cardbo pattern or template to trace onto the tape. Apply l strips of tape to wax paper, mark several poin strips at a time and cut the tape to the points w scissors. Peel the tape from the wax paper and ap it carefully.

If desired, you can create a design from tape for center portion of the "rug" using the technique scribed for the border.

Vinyl wall base is Place 'N Press Colorite Armstrong. Rug designed by Cynthia Richter.

STENCIL

To order this pre-cut plastic colonial floral stencil full directions for stenciling, see coupon page Apply stencil, using acrylic paint, to a clean floor w no wax on it. To protect stencil, apply between th and six coats of polyurethane to the floor, follow directions on label.

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It's the nicest thing to happen to your lips since kissing.

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Keep Smiling

continued from page 38

ful than old-fashioned techniques. Also, upon request, most dentists will administer a safe, local anesthetic so you can avoid discomfort altogether.

The most common fillings are silver or **amalgam** (a mixture of different metals and silver). Front teeth are usually filled with a composite resin that matches the color of your teeth.

Acid-etched or bonded fillings are new breakthroughs. Dentists can now restore front teeth that have been chipped or broken using a special acrylic resin painted over teeth prepared with a phosphoric acid base. These fillings are not permanent, however, and often have to be replaced after four or five years.

Crowns, also known as **jackets** and **caps,** are used frequently to save a tooth that has multiple fillings, to cover up broken or unattractive teeth or to support a fixed bridge. These caps used to be made of gold, but today dentists use acrylic veneer or porcelain for a more natural effect. However, acrylic tends to become discolored and worn and will probably have to be replaced every five or six years. Porcelain is more durable but can become brittle. Caps made of porcelain fused to gold are often the best solution, but are slightly more expensive.

If caps are not fitted properly they can promote bone and gum disease, especially an inflammation of the gums called gingivitis. The rim of the crown extending under the gums should be as smooth as possible. Caps should fit snugly and be cemented firmly to avoid tooth decay beneath. You might have to have old caps replaced periodically as gums often recede with age.

Modern **root canal** techniques help save teeth that once had to be pulled out. The nerve—located in the root of the tooth—sometimes becomes damaged by decay, infection or trauma, and must be removed. A general dentist or a specialist known as an endodontist will remove the degenerated pulp of the nerve, and then fill the canal.

Root canal treatments become necessary when a cavity has been neglected and decay has penetrated to the nerve of the tooth itself. Since it may be difficult to determine whether this has occurred, you may want to get a second opinion.

SAVING YOUR GUMS. Gum problems, or **periodontal disease,** is a major cause of tooth loss. Seventy to 80 percent of adult Americans, and most people over 30, suffer from some form of periodontal disease. When bacterial plaque attacks the gums, gingivitis occurs. Untreated, it gradually penetrates the tissues that attach the teeth to the bone, and eventually the bone itself, and tooth loss result

The first symptom of gingivitis swollen gums that bleed easily and pe sistently when you brush or floss. Also, you experience pain in your gums whi eating or notice signs of receding gum loose teeth or unusual movement of yo teeth, you should see a dentist.

Periodontal disease can be prevente by treating any signs of gingivitis earl maintaining good home care and havi your teeth cleaned professionally twice year. "Not all gingivitis becom periodontal disease, but all periodont disease starts with gingivitis," explai Dr. S. Sigmund Stahl, Professor an Chairman of Periodontics at the Ne York University College of Dentistry. Fa tors that contribute to gum problems i clude: smoking, which increases plaqu formation; bad home care; poorly fittin caps; uncontrolled diabetes; some birt control pills, which can cause gingiviti and pregnancy, which often results i swelling and bleeding gums.

Most early periodontal disease can b treated by your own general dentist. your gum problems are more advanced however, you should see a specialist i gum care, called a periodontist. "The se cret is early recognition and treatment, explains Dr. Stahl. "When the destruc tion of the tissue is extensive, the trea ment becomes painful, expensive an time consuming."



English Stilton.
The Legendary Blue.
Experience It.

Even before it reaches your tongue, you'll know you've never tasted anything like it.

The aroma, subtle yet distinctive. The texture, flaky yet velvety smooth. The taste, tangy yet surprisingly mellow. Go ahead—savor it. Legends aren't created overnight.

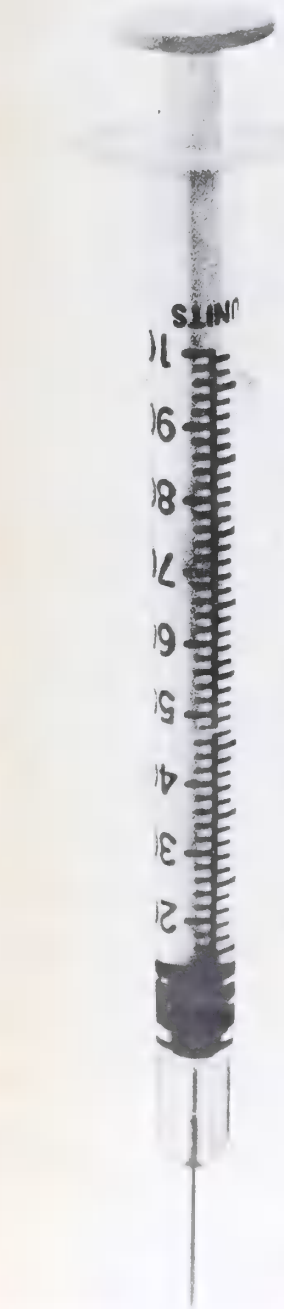
In fact, the first Stilton was hand-crafted more than 300 years ago in the English countryside—a blue so unique it quickly became an English tradition.

Today, the art of making Stilton continues as it always has. Entirely by hand. Never to be duplicated anywhere else in the world.

English Stilton. More than ■ cheese—an experience.



DIABETES. FICTION VS FACT.



Fiction: Insulin is a cure for diabetes.

Fact: There is no cure for diabetes, yet.

Fiction: Diabetes is nothing to worry about.

Fact: Diabetes can cause blindness, heart disease, kidney disease, gangrene and stroke.

Fiction: Diabetes is under control.

Fact: Diabetes is growing at a rate of 600,000 new cases a year.

Fiction: Diabetes doesn't kill people anymore.

Fact: Diabetes has become the third largest killer.

There are more than ten million people in America with diabetes. Over a million of them are juvenile diabetics. They want you to know the facts about diabetes, because they need your help to find better ways of treating the disease. But, most important, to find a real cure. Please give to the Juvenile Diabetes Foundation, Box 9999, Dept. D, New York, N.Y. 10001.

We've lived with diabetes long enough.

Juvenile Diabetes Foundation®

INSULIN IS NOT A CURE. HELP US FIND ONE.

Juvenile diabetes is insulin-dependent diabetes, the most severe form of the disease.

BEAUTY BOX

For tip-to-toe good looks . . . some down-to-earth answers to some of our readers' toughest and most-asked questions.

Q: *Though I'm in pretty good shape, I ca get rid of little fatty pockets on the top of hips. Can you suggest a spot exercise to fi up this area?*

A: This is a common problem but one t responds well to spot exercise *and* dieti Try this: Stand with feet comfortably apa Raise right arm over head; bending at waist, slowly slide left arm down left l Inch down as far as possible. You'll be abl feel the "pull" as you stretch. Ger bounce a few times, hold for a second, th alternate to the other side. Repeat 10 tim

Q: *Lately, I seem to have "raccoon eyes dark rings under my eyes. How can I p vent them?*

A: A tendency for the circles can be inh ited. These dark marks also can be co pounded by too little sleep, stress and p diet: in general, pushing yourself too ha Surprisingly, circles look even darker cause your skin pales as a result of fatig

To stave off these ill effects: Keep nigh on-the-town in moderation—nothing substitute for a good night's sleep. A stim lating facial will help bring more color to face and make the dark rings less obvious all else fails, camouflage the area wit creamy concealer stick, blend in your re lar foundation.

Q: *I've been taking especially good car my nails, and they've finally grown l enough to look well. What shape sho they be?*

A: Extreme shapes are definitely out. Vampire Lady looks with dagger points no hard-edge squares that are as blunt screwdriver. The best looking shape nails right now is a pretty oval, sligh rounded at the tip. When filing, work slo and carefully in one direction only. (D seesaw.) Never file the sides of your n you'll weaken it and increase chance splitting or breaking.

Q: *When I put blusher on my cheeks looks blotchy. Two questions: Why does happen? And is there anything I can about it?*

A: From your information, we can gu that you have one of two problems. If y skin is dry and/or older, your moisturi may be the culprit. Some sinks in, but so stays on the skin's surface. Then when apply powdered blush, it goes on unever Either wait until the moisturizer is all sorbed or, better yet, switch to a cre blusher which flows on smoothly, gl more evenly.

If your skin is on the oily side, blush sink in some patches, slick right off in ers. Start with an oil-free makeup ba then apply a powder blush.

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FOOD SAMPLER

Take your taste buds on a trip . . . back in time, around the world, into your own kitchen . . . with these bite-size bits of culinary lore.

Custom in Japan decrees that people must scatter as many beans through their houses as there are years in their lives in order to drive out evil spirits. Try this Japan-easy bean soup as a substitute: Combine a can of red kidney beans, mashed, 1 quart chicken broth, 2 tablespoons each vinegar and beer. Heat; serve topped with lemon slices.

In 1820, Dolley Madison served 90 guests with aplomb . . . and Ginger Pound Cake. Here's our updated (and smaller) version. Prepare 1 package each gingerbread and pound cake mix according to directions. Blend both batters. Bake in a greased and floured 13x9-inch pan at 350°F. for 50 minutes. Dust deeply with confectioners' sugar. Cool; cut into 20 squares.

Eggs-actly . . . Question. Can you freeze raw whole eggs? Answer: Yes, beat with a speck of salt or sugar. Freeze in ice trays and pop into a plastic bag. To use, thaw and add to batters, doughs, etc., but never use uncooked!

On the night before the Battle of Marengo, a desperate chef in the field dreamed up a dish for his hungry boss, Napoleon. This rib-sticker is known as Chicken Marengo: Sauté 2 cut-up chickens in ¼ cup olive oil. Remove chicken. To the oil add ½ cup finely chopped onion, 1 clove crushed garlic, 1½ cups sliced mushrooms, 1 small can tomatoes, drained. Cook 3 minutes over medium heat. Add ½ cup dry white wine. Stir and cook till reduced one-third. Replace chicken, cover, cook 15 minutes or till tender.

Confucius said (he really did!) that all great dishes should have five facets—a touch of bitter, a bit of sweet, a note of acid, a sensation of hot, a touch of salt.

A truly American invention . . . those big, big chocolate chip cookies found in bakeries. Make 'em yourself by dividing a batch of cookie dough into six parts (about ½ cup each). Flatten with a spoon to about ½ inch. Bake at 375°F. for 15 to 18 minutes.

In Merrie Olde England, they maintained marital bliss by serving bacon. We like ours thick-cut and baked at 375°F. for 10 minutes, on a rack in a broiler pan. No turning, no spattering—that's bliss. **End**

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Only a Mother Would Know...

continued from page 72

Mom's sixth sense says it's okay, a wise parent winks at the pretense . . . knowing a day spent cuddled up on the couch with a blanket, pillow and attention can do more for a youngster's growth than six and a half hours of fractions and facts.)

Not even a college education exempts a child from the reach of mother's instinct. Mom is usually the first to suspect that a female voice answering her son's telephone means his new roommate isn't Joe after all, but Joan. She also knows that if her college freshman doesn't come home for six months because she's "studying," Mom hides the tears and doesn't tell Dad that, in fact, their young lady's grown up enough not to need family for awhile.

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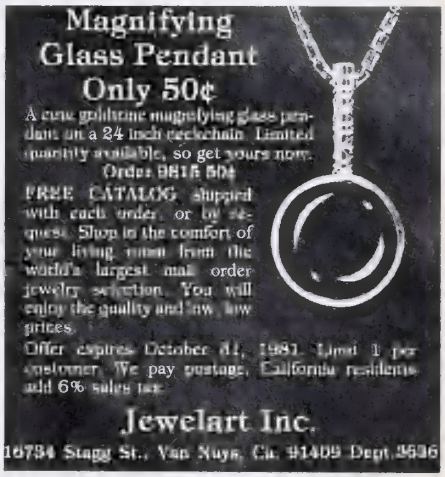


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Let's Bring Love Back to Sex

continued from page 79

"When we left we were given 'instructions'—a set of exercises we were to do in bed three times a week for the next year. I can't tell you how much I hated that! If David seemed unromantic to me before, you can imagine what it was like with him sitting down to study a blueprint every time we went to bed. Our life together became awful, intolerable. I did everything I could think of to avoid having sex, and I suspect David started seeing someone else at about that time.

"In the end I asked for the divorce. Maybe I could have weathered the disease—I'm not sure—but I know I couldn't handle the cure. For me sex has to be sweet and caring and fun. Spontaneity and humor definitely belong in the marriage bed, and when making love becomes a matter of duty, of performance, then all the joy and pleasure are gone from it."

Birth throes of a science

The experience of David and Diane raises some important questions: When, if ever, is sex therapy helpful? How sound is this new specialty? How responsible and/or qualified are most of its practitioners? Have we been oversold by media hype, which promises speedy "miracle cures" for dilemmas as old, as profound and as knottily unyielding as the stuff of life itself?

Before addressing these issues, let's look for a minute at the evolution of sexual therapy, one of the newest medical, or quasi-medical, specialties. Sexology hardly existed until 1948 when Dr. Alfred Kinsey published *Sexual Behavior in the Human Male*, the first major effort to apply a scientific yardstick to what men and women do in bed. Kinsey's information was sound but limited, drawn as it was from interviews rather than direct observation. Then, in the '60s, William Masters and Virginia Johnson took sex into the laboratory, literally putting it under the microscope as a research population of students and prostitutes permitted them to chart, measure and describe the changes in the human body during all stages of arousal, including intercourse. The results of this research were published in 1967, in *Human Sexual Response*, a blockbusting best seller and groundbreaking work.

In 1970, when Masters and Johnson published *Human Sexual Inadequacy*, *The New York Times* heralded the event with a front-page headline. And well they might have, for what the St. Louis researchers were telling us in this second book was that the sexual disorders and discontents that had thwarted men and women for centuries were amenable to a quick, if costly, two-week cure at the Masters and Johnson Institute. All the sexually lame needed to do was sign on and they'd be fixed right up.

During the ten years that followed this dramatic assertion, the proliferation of sex clinics and therapists in private practice has proceeded at a dizzying pace. Today, Human Sexuality Centers are associated with almost every major university and medical school in the country. (*continued*)



"I hope the plants were all right while we were gone."


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Let's Bring Love Back to Sex

continued

some 1,150 therapists are certified by a prestigious professional organization, AASECT (The American Association of Sex Educators, Counselors and Therapists). In addition, countless therapists who lack certification have also set up shop. A retired garage mechanic or dissatisfied beautician could decide to offer sex therapy, since no national or state laws restrict the practice of this specialty.

At the core of nearly all sex therapies are the techniques set forth by Masters and Johnson in their 1970 opus. Sessions with trained counselors are combined with "homework"—specific sexual exercises, intended to be both stimulating and reassuring, which are carried out by the couple in the privacy of their bedroom. The feelings evoked by these assignments are discussed in subsequent counseling sessions until the problem has been worked through. In the commonly used "sensate focus" exercises, partners concentrate on non-genital forms of arousal, stroking and caressing all parts of each other's bodies except penis and clitoris, thereby, or so the theory goes, dissipating anxiety and rekindling the appetite for pleasure. Often sex therapy involves the deliberate delay of intercourse. Since coitus has become the focus of negative emotions for sexually troubled partners, they're taught to avoid it until they're more at ease with themselves and with each other.

A growth industry

These are the so-called "classical" techniques, but sexual therapy is a growth industry, and its many practitioners have expanded the basic design to include quite a number of fillips and frills. Nowadays, therapists may even advise clients to make use of vibrators or even explicit sex films, which, if they weren't thought to serve a therapeutic purpose, would be deemed pornographic by many states. Masters and Johnson themselves inaugurated the use of "surrogates," which are skilled female sex partners who can help impotent men regain their powers, then abandoned the practice when it seemed they might be in violation of statutes prohibiting pimping and prostitution. Surrogates are still recommended by many therapists, however, and the women who receive their "referrals" are often moonlighting call girls who charge up to $100 a night.

Is all of this behavior confusing? Certainly! Unethical or immoral? That depends on privately held convictions. Damaging rather than helpful to the individual suffering from sexual problems?



This last is a question to which certain experts have lately volunteered an angry and outspoken response.

Sex therapists under attack

Diane's feelings of dehumanization by her experience with Masters and Johnson were an inevitable response, says well-known Manhattan psychiatrist and psychoanalyst Natalie Shainess, to a form of treatment that separates sexual symptoms from the total self. Dr. Shainess calls sex therapy "mechanistic" and asserts that, moreover, it just doesn't work. "Sex is the distillate of the entire personality; until that changes you cannot expect any significant and lasting changes in sexual behavior."

Dr. Shainess was the first and most vocal opponent of the Masters and Johnson approach, but lately a number of other authorities have adopted her highly critical point of view. In *(continued)*

Journal Shopping Center

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PAGE 2: Sofa, side chairs, bench covered in rose "Garden Party" by Cannon Mills; armchairs covered in green "Velvet" #765 by Collins & Aikman, all 100% Fortrel Polyester. *Wallcovering:* "Malta" #37004 in rosewood by Girmes of America, 50% Fortrel/50% cotton.
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Carpet: Bourdeaux "Velvetone" #0386 by Cabin Crafts, of Fortron (50% Fortrel/50% Celanese nylon).
White pillows, #553 by Bloomcraft. Lamp on desk: Peking Green #1258-736; square corner tray #9351, both by Paul Hanson Co., Inc. Desk Blotter: L'Art de Chime #6/105. Brass carafe from Hammacher Schlemmer, 145 East 57th St., New York, N.Y. 10022.

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PAGE 83: CAROL HORN: Macy's, San Francisco; Bonwit Teller, Chicago & N.Y.; Bamberger's, N.J.

ACCESSORIES: CHRISTIAN DIOR earrings; THE LEATHER SHOP belt.

PAGE 84: *Insert:* ALBERT NIPON: I. Magnin, San Francisco; Marshall Field & Co., Chicago; Saks Fifth Avenue, N.Y.; Rich's, Atlanta. *Right:* NORMA KAMALI: Macy's, San Francisco; Tootsie's, Houston; Marshall Field & Co., Chicago; O.M.O.-Norma Kamali, N.Y.

ACCESSORIES: *Right:* CHRISTIAN DIOR earrings; IVORY ROSS for SMALL WONDERS cuff; NICKELS sandals.

PAGE 85: JONES N.Y.: Marshall Field & Co., Chicago; Bloomingdale's, N.Y.; Rich's, Atlanta; Bullocks, L.A.

ACCESSORIES: TANCER TWO earrings and necklace; ELEGANT belt; NICKELS shoes.

PAGE 86: *Insert:* JONES N.Y.: Marshall Field & Co., Chicago; Bloomingdale's, N.Y.; Rich's, Atlanta; Bullocks, L.A.

ACCESSORIES: *Insert:* RED COBRA earrings; THE LEATHER SHOP belt. *Right:* RICHARD GRAZIANO combs; *at left:* belt by PEARL; NICKELS shoes. *At right:* BORT CARLETON shoes.

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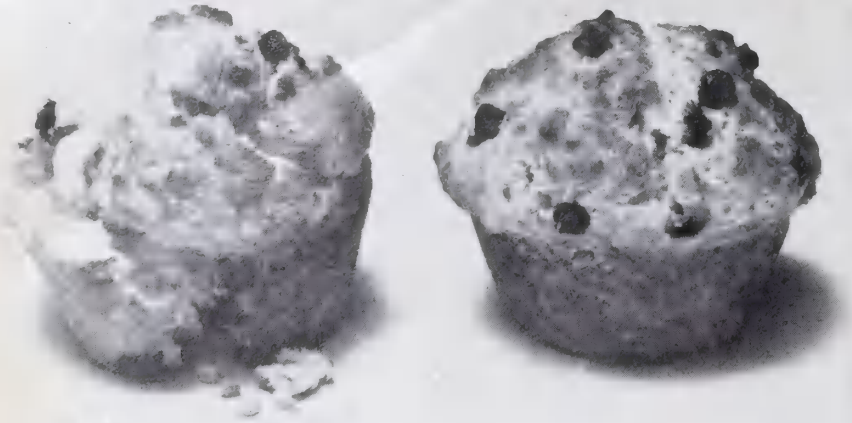
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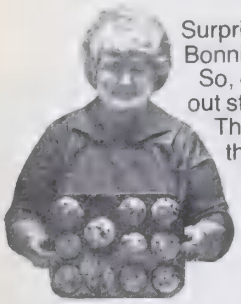
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MAY RECIPE INDEX

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Let's Bring Love Back to Sex

continued

his latest book, *Sex By Prescription*, noted author and psychiatrist Dr. Thomas Szasz asserts that doctors and therapists have no business whatsoever messing with our sex lives, which are deeply private, and claims that their fruitless meddling robs people of both their dignity and their cash. (A treatment course at a sex therapy clinic can cost as much as $4,500.) Szasz believes the sexperts are false scientists and rank opportunists, inventing sexual disorders so they can make bundles of money "curing" them.

At least one sex therapist, Dr. Bernie Zilbergeld, who works out of Berkeley, California, and is the author of *Male Sexuality* (Bantam, 1978), has joined the chorus of irate professionals who believe the sexperts can't always do their jobs. In August of last year, Zilbergeld caused a great scandal by publicly criticizing Masters and Johnson in the pages of *Psychology Today*. Pointing out that none of the employees of the Institute had ever reviewed the sex team's data, and that other qualified therapists had been unable to repeat the very high success rates reported in St. Louis, Zilbergeld's not-so-subtle hint was that the Momma and Poppa of all sex cures may have been exaggerating the efficacy of their techniques in their announcement.

Why, I asked Dr. Zilbergeld, after ten years of wild enthusiasm and blind belief, was sex therapy suddenly the object of such energetic attack? "Because it's not living up to our expectations," he told me. "The quick-treatment blitz developed by Masters and Johnson, and practiced by thousands of other therapists after them, was mainly effective against very simple problems caused by anxiety, ignorance or naiveté. A woman might not have known how to arouse her husband; a man might not have been aware of his wife's need for clitoral stimulation. But after ten years and thousands of books and articles on the subject, almost nobody is that naive anymore. What we're seeing now are much more stubborn problems that don't yield nearly so well to the kind of brief, mechanical treatment Masters and Johnson recommend."

Relationship therapy—any better?

Why, given his own publicly avowed skepticism, does Dr. Zilbergeld continue in his line of business? "Because the therapy does work

continued



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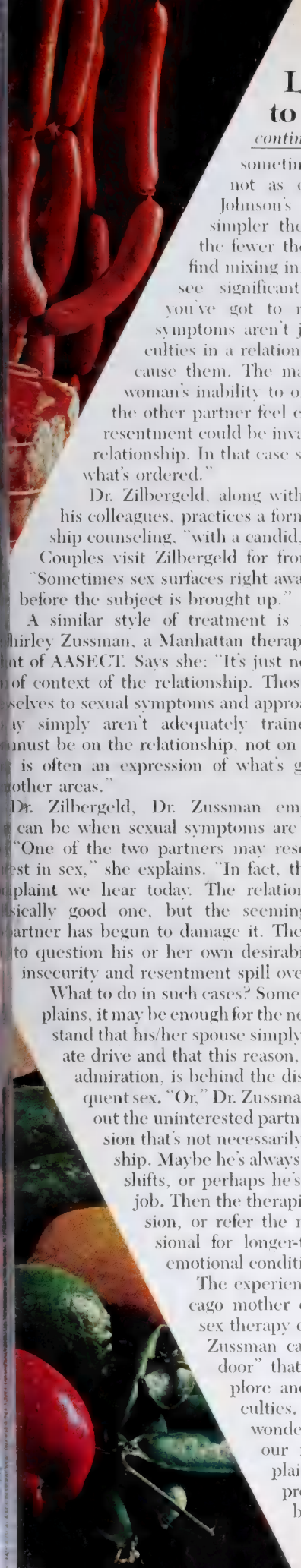
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Let's Bring Love Back to Sex

continued

sometimes," he told me, "just not as often as Masters and Johnson's figures suggest. The simpler the sexual problem, and the fewer the other difficulties you find mixing in, the likelier you are to see significant improvement. Also, you've got to remember that sexual symptoms aren't just the result of difficulties in a relationship, they also help to cause them. The man's impotence, or the woman's inability to orgasm, may be making the other partner feel cheated, and his or her resentment could be invading other areas of the relationship. In that case sex therapy may be just what's ordered."

Dr. Zilbergeld, along with a growing number of his colleagues, practices a form of marital or relationship counseling, "with a candid, specific focus on sex." Couples visit Zilbergeld for from one to 35 sessions. "Sometimes sex surfaces right away, or weeks may go by before the subject is brought up."

A similar style of treatment is recommended by Dr. hirley Zussman, a Manhattan therapist and National Presi- nt of AASECT. Says she: "It's just not possible to treat sex of context of the relationship. Those therapists who limit selves to sexual symptoms and approach these in a mechan- y simply aren't adequately trained. The emphasis in must be on the relationship, not on sexual activity, though is often an expression of what's going on between two other areas."

Dr. Zilbergeld, Dr. Zussman emphasizes how helpful can be when sexual symptoms are precipitating marriage "One of the two partners may resent the other's lack of st in sex," she explains. "In fact, that's the most common plaint we hear today. The relationship itself may be a sically good one, but the seeming indifference of one artner has begun to damage it. The rejected party begins to question his or her own desirability, and the resulting insecurity and resentment spill over into other areas."

What to do in such cases? Sometimes, Dr. Zussman explains, it may be enough for the needier partner to understand that his/her spouse simply has a relatively moderate drive and that this reason, and not lack of love or admiration, is behind the disinclination to have frequent sex. "Or," Dr. Zussman goes on, "we may find out the uninterested partner is suffering a depression that's not necessarily rooted in the relationship. Maybe he's always had intermittent mood shifts, or perhaps he's having trouble on the job. Then the therapist can treat the depression, or refer the man to another professional for longer-term treatment of his emotional condition."

The experience of Norma J., a Chicago mother of two, illustrates how sex therapy can sometimes be what Zussman calls "the wedge in the door" that leads a couple to explore and resolve deeper difficulties. "Harold had been a wonderful partner for most of our marriage," Norma explains, "but as he approached his fortieth birthday, he grew less and less interested in sex. We'd go to bed once a month, then once every two months, and finally not at all. My husband would do just about anything to avoid having intercourse with me—late-night television was a standard excuse. He'd promise to get around to me just as soon as he'd seen an *Our Man Godfrey* rerun for the eleventh time. Sometimes I'd find him sacked out on the living room couch as early as seven in the evening. That way he was sure to avoid any sexual confrontation.

"Harold was also drinking more than he should have been, and what really scared me was that I'd begun to drink along with him. Finally, after much arguing and haranguing, I got us both to a sex clinic."

Their therapist recognized that Harold's crisis was rooted in his need to resolve the issues of mid-life and had little to do with sex *per se*. Harold began individual therapy to come to grips with fears that his competence was dwindling and the feeling he'd wasted his talents in the advertising business when his true vocation was to write fiction. Reassured, Norma cut down to one or two cocktails a night, and when Harold quit his job some nine months later to do freelance copywriting and try his hand at a novel, the couple's previously vibrant sex life was soon restored.

Turning yourself back on

Can sexual "homework" itself, assuming it is skillfully, not mechanically, assigned, ever help a couple solve the larger problems of their life together? Dr. Bernard Apfelbaum, director of the Berkeley Sex Therapy Group in Berkeley, California, says yes. His reasoning: Since the dynamics of sexual exchanges are likely to be repeated in other areas of a relationship, understanding how sex is going wrong can help a couple see how they may also be sabotaging themselves outside the marriage bed. "Sexual apathy is the complaint I encounter most often in women patients," says Dr. Apfelbaum. "The wife literally feels nauseated when her husband touches her, and she has no idea why. She thinks being married to the man means she ought to be automatically turned on, and here she is repelled instead. As a rule, she's both confused by her own lack of responsiveness and very guilty about it.

"Usually what's going on in these situations is that the man is paying almost no attention to his wife's needs. It's what we call the classic female oppression syndrome. The woman is too busy protecting the man's ego to let him know she feels neglected, so she aims those feelings inward until they nauseate her."

Reversing the standby about emphasizing pleasurable sensations, Dr. Apfelbaum encourages the woman to focus on the negative reactions she has in bed. "Her apathy actually represents her belief that she has no right to feel dissatisfied. Only by finding a way to express those sexual complaints can she become free to enjoy sex again. As for the husband, once aware of how he's failed his wife, he's often willing to change."

Although therapy at the Berkeley Group is limited to sexual problems, Apfelbaum points to a significant spillover effect. Having learned that assertiveness can bring rewards in bed, the woman adopts a bolder style in other areas, often with marvelously regenerating results.

"Therapy helped me realize the legitimacy of my own needs," says Lorna, a San Francisco housewife who attended a clinic much like Apfelbaum's. "The 'homework' made me see how much I'd been contributing to a relationship that made me feel smothered and oppressed."

Describing her husband as "very controlling," Lorna explains that their sex life "had hardly involved me at all...it was just Jake's way of demonstrating his potency to himself. He was a bully in other ways as well, tight with money, and extremely threatened if I pursued friendships of my own. For fifteen years he called all the shots...and I just sat on my feelings."

Therapy re-routed this couple to a new and healthier direction. "The sessions helped me see that if I were to survive, if the marriage were to survive, I had to start standing up for myself. It took some doing, but now Jake and I make all financial decisions jointly, and I have lunch or

continued

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Let's Bring Love Back to Sex

continued

supper with a girlfriend if I like, without feeling I have to g[ive] Jake a moment-by-moment accounting."

Finding the right sex therapist

Have we, then, been oversold on sex therapy? Yes, if [we] believe it can cure a wide variety of complex problems quic[kly] and easily. No, if we recognize that a few sensitive and exp[erienced] practitioners can ease some problems some of the time.

Even Dr. Helen Singer Kaplan, probably one of the m[ost] learned and articulate spokespersons for sex therapy in t[he] country, refrains from making extravagant claims for her sp[e]cialty. Certain problems, she asserts, are responsive to br[ief] behaviorally oriented sex therapy; others require more comp[lex] medical or psychiatric intervention. Says she: "The fascinati[on] of sexual medicine is that the same symptom—impotence, [for] example, or the inability to have an orgasm—may have phy[si]cal or psychological causes. Those causes can be quite seriou[s] or only may be superficial. It's like the headache that cou[ld] signify a brain tumor—or might mean all you need is a ba[ck] massage." The trick, says Dr. Kaplan, is in properly evaluati[ng] the origin of the symptom: "Eighty-five percent of failures [in] sex therapy can be traced to a mistaken diagnosis."

Dr. Kaplan's clinic, associated with New York Hospital a[nd] the Cornell University Medical School, operates along exem[-] plary lines. Here, nobody is immediately accepted for trea[t]ment, only for evaluation. Medical tests are given when appr[o]priate, even if the family doctor has checked the person an[d] found nothing amiss. Sexual symptoms, asserts Kaplan, m[ay] have hidden physical causes—often endocrinological or circul[a]tory—that aren't readily apparent in a routine exam. Next, th[e] individual's psychological well-being and the health of his/h[er] marital relationship are scrutinized. Only then do Dr. Kaplan[']s evaluators decide whether sex therapy is indicated or whethe[r] the individual would be more likely to benefit from psych[o]analysis or marriage counseling.

(continued



gerry marcus

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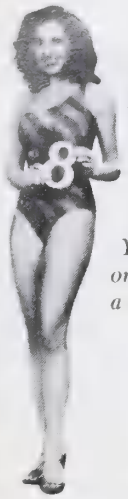
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LADIES' HOME

Next month in the Journal

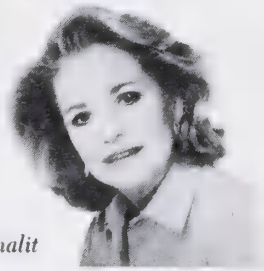
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Barbara talks about her daughter and "life at the top." A rare interview with Gene Shalit

BOTH SIDES

SEX EDUCATION IN THE SCHOOLS
LHJ looks at "Both Sides"

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NANCY REAGAN
Our new First Lady in an exclusive interview, by Charlotte Curtis of The New York Times

MENSTRUAL PROBLEMS
Lifting "the curse" at last

Let's Bring Love Back to Sex

continued

Explains Dr. Kaplan: "There are many problems we can't treat. If a person comes to us with sexual troubles related to their abuse of drugs or alcohol, for example, we're not going to be able to help him unless the basic problem is taken care of. Or if an individual is in love with somebody else but says, 'I want to have good sex with my partner,' well, that's not going to work either. We can't create love."

Is it difficult, I asked Dr. Kaplan, to find a therapist capable of making such a complete and knowledgeable evaluation? Her answer: Very! "An expert diagnosis can be extremely difficult to come by," she stresses. "Our knowledge in sexual medicine is now very far advanced, but it has not yet been widely disseminated. That's going to take time."

Far from being in a state of decline, Dr. Kaplan believes sex therapy is only now in its infancy, and that its abuses and misuses will become far less frequent as therapists gain in knowledge and sophistication. In the meantime, how do you find this sort of therapy if you're in need? How to be sure you're not sharing your most intimate confidences with a bungler or a fraud?

Dr. Kaplan recommends you phone your nearest medical school teaching hospital and find out whether they have a human sexuality program; if so, ask them to put you in touch with a therapist who has trained there. You can also write the American Association of Sex Educators, Counselors and Therapists (1 East Wacker Dr., Suite 2700, Chicago, Ill. 60601) to get their directory of certified therapists. Keep in mind, however, the following caution from Dr. Zilbergeld: "Licensing or certification has never been a guarantee of good care in any branch of medicine. You can have passed all the right courses and still be clumsy and ineffective in your practice."

Ask for advice

Dr. Zilbergeld suggests you ask advice from people you trust, your family physician perhaps, or friends who've been in therapy, and then proceed slowly and critically on your own: "You have to doctor shop, trust your hunches and have the guts to quit if you feel you're not being helped." All the experts I talked to suggest you definitely not sign on with anyone unless he/she requires a complete physical exam before starting treatment. If your therapist isn't aware of the possible physical causes for sexual disorders he may be ignorant in other ways that could prove hazardous to your psychological or marital health.

You're already plenty careful about who medicates your children's coughs, fixes your car's faulty transmission, or sees to your husband's root canals. Well, you should be even more alert and selective before settling on a sex therapist. For what's at issue here isn't just your cherished physical relationship with your husband, but the intricate and fragile fabric of your marriage itself. **End**



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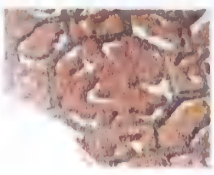
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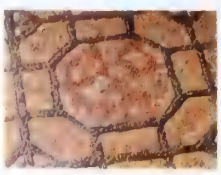
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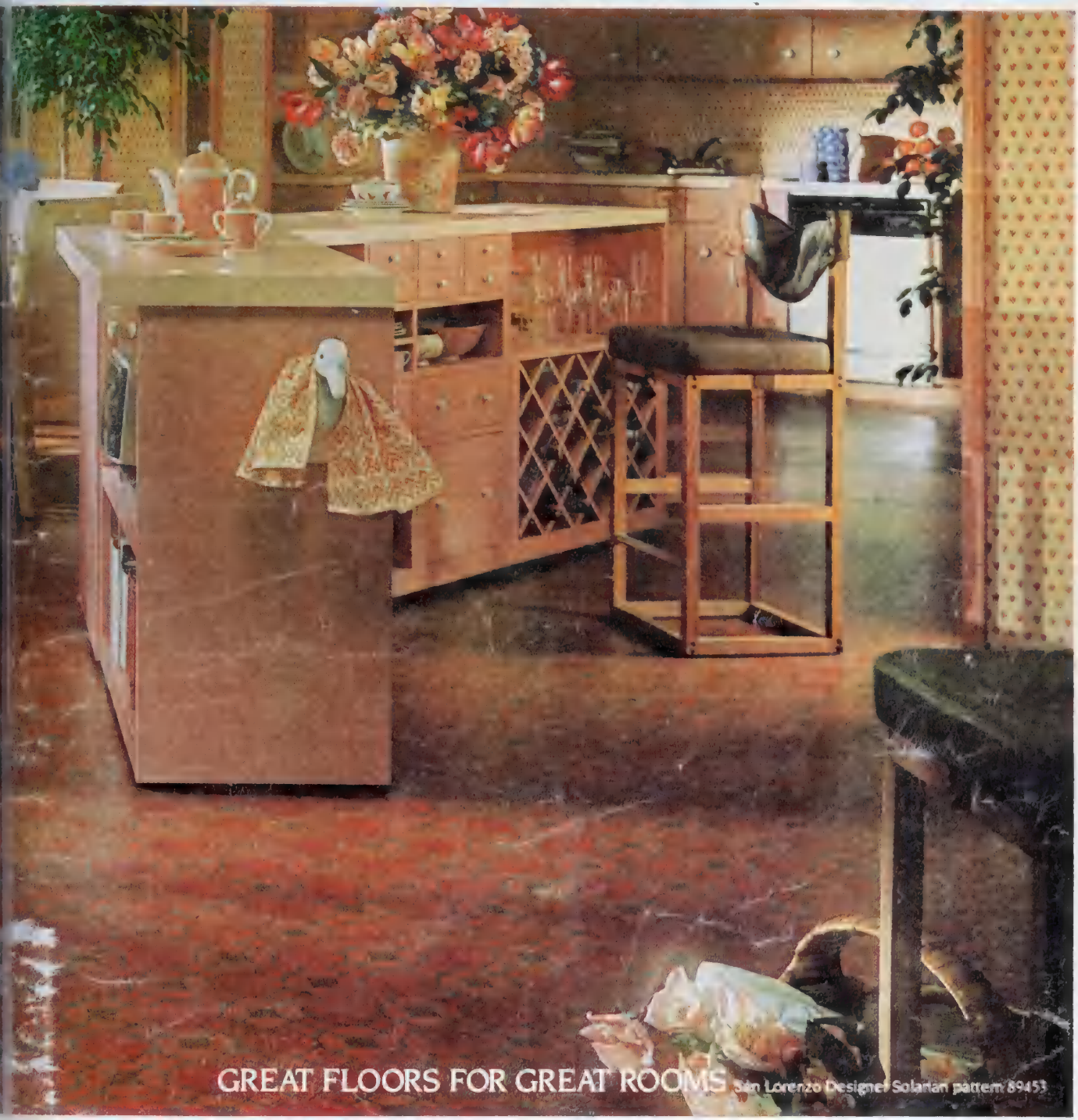
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Editor's Diary

THE STRENGTH OF WOMEN

"The weaker sex?" Hah! The strength and fortitude of women are all around us. We saw it in the eyes of a young woman at a dinner party. "Life is too precious to waste. I just keep going," she said, aware that most of us knew the seriousness of her cancer. Nancy Reagan's courage and poise throughout the assassination attempt on her husband won the admiration of the world. In Barbara Walters' interview on page 20, we catch a glimpse of the steel and fire beneath the surface of a warm, sensitive woman and mother. And Anne Carroll's moving story (It's Not Easy to Be a Woman Today, page 15) captures it all: Even a handicapped woman will not be stopped from living a full and loving life. The strength of women is one of the important things this magazine is all about.

OUR ART DIRECTOR COLLECTS

Don Adamec, the *Journal's* Art Director, has a series of photos on the wall of his office that never fails to intrigue visitors. No fool, Don, he has managed to get himself photographed with every cover person he has ever met on a photographic assignment. Below, left to right, he's shown with Barbara Walters, Liza Minnelli, Marlo Thomas, Meryl Streep, Farrah Fawcett, Phyllis George, Ali MacGraw and our sole male cover subject, Robert Redford. Which are Don's most memorable moments? "Robert Redford," he admits. "He's down-to-earth, intelligent and we had a wonderful time talking about movies and the world." As for women, he said he was most surprised by Farrah Fawcett. "She's a real pro, very articulate, and I liked her." As for this month's cover, Barbara Walters, Don reports, "This is the third time we've photographed her. She's relaxed, cooperative and radiates a sincere, feminine warmth."



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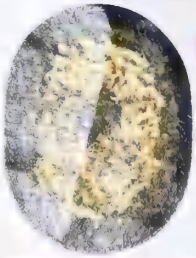
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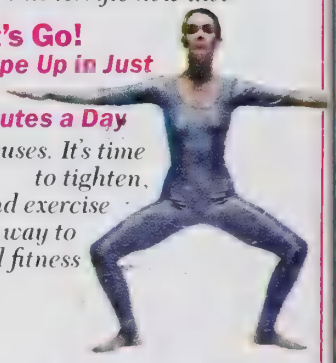
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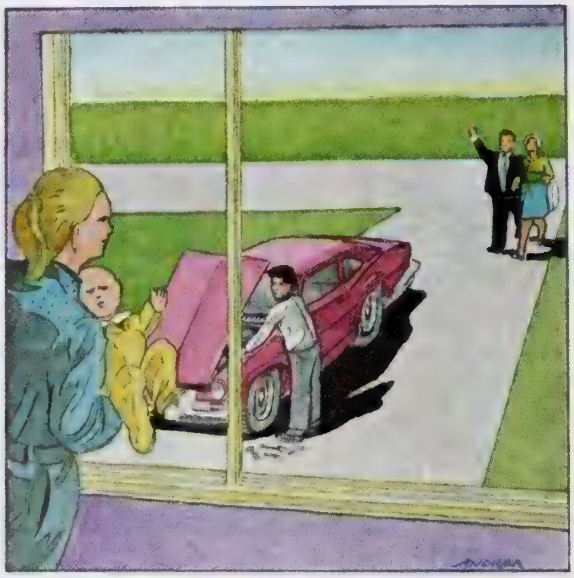
Can This Marriage Be Saved?

After a shotgun wedding, Corrie and Paul had to learn how to be parents—as well as adults. Can a relationship survive a fast course on growing up?

By Lois Duncan

"We're Too Young to Be Married"

This case is based on information from the files of Human Services, Inc., a nonprofit Family Service Agency, funded by United Way, in Denver, Colorado. The true story reported here is drawn from counselors' reports of interviews. Names and other details have been altered to conceal identities. The counselor this month was Betty Kirby, M.S.W., A.C.S.W.



CORRIE'S TURN

"I left Paul two weeks ago because my life with him was miserable," said Corrie, 19, whose slender build and pretty face made her look more like a high school cheerleader than the mother of an 18-month-old son. "Paul and I were shut in a box we couldn't get out of. We're too young to be parents, and I suspect we're not even old enough to be married.

"When we met, I was thirteen and Paul was sixteen. We hardly looked at each other then, but three years later when he asked me to go to a movie I noticed how attractive he was. That movie was my first real formal date. Don't get me wrong—I wasn't unpopular. I was involved in a lot of school activities and had plenty of boyfriends, but nobody in our group had cars yet and everything was pretty casual. Paul, who was so much older, made me feel like a queen.

"We fell in love and decided to get married in another year, after I'd graduated from high school. That was in March of my junior year. In July we made love for the first time, and by the end of the summer, I knew I was pregnant.

"Neither set of parents wanted us to get married. Paul and I, however, couldn't stand the thought of abortion, and I was sure I wouldn't be able to carry a baby for nine months and then hand it to some stranger. For us, there was no choice.

"Heartsick as they were, my folks gave us a very nice wedding. Paul's parents had inherited his grandmother's house, and they let us live in it for token rent, which Paul earned by working part-time as a maintenance man in a retirement home. To pay for the baby, he sold his sports car.

"When my school learned I was pregnant, the administration tried to make me drop out, but I refused. I'd been a cheerleader, a member of the band, president of different clubs—always the spark plug of the class. I guess I dreamed that life wouldn't change, but it did. My friends were awkward around me, sort of embarrassed. The school made me take a night class in child care for expectant mothers that gave me enough credits so I could graduate in January. Actually, that turned out to be fortunate, because our son Jacob was born prematurely in February.

"Paul and I really weren't prepared for being parents, but when Jacob was born we were given a swift lesson. The baby had Hyaline membrane disease, and we were told we'd probably lose him. For two weeks, we watched while this tiny creature we had made fought for his life in an intensive care ward. I was at the hospital every day, and my mother was right beside me. So was Paul, except when he was at work, and his parents were constant visitors, too. Jacob was my parents' first grandchild, and the first grandson for Paul's folks. You'd have thought he was their own child, the way they pulled for him. I really think all their efforts helped him—and me—get through the ordeal.

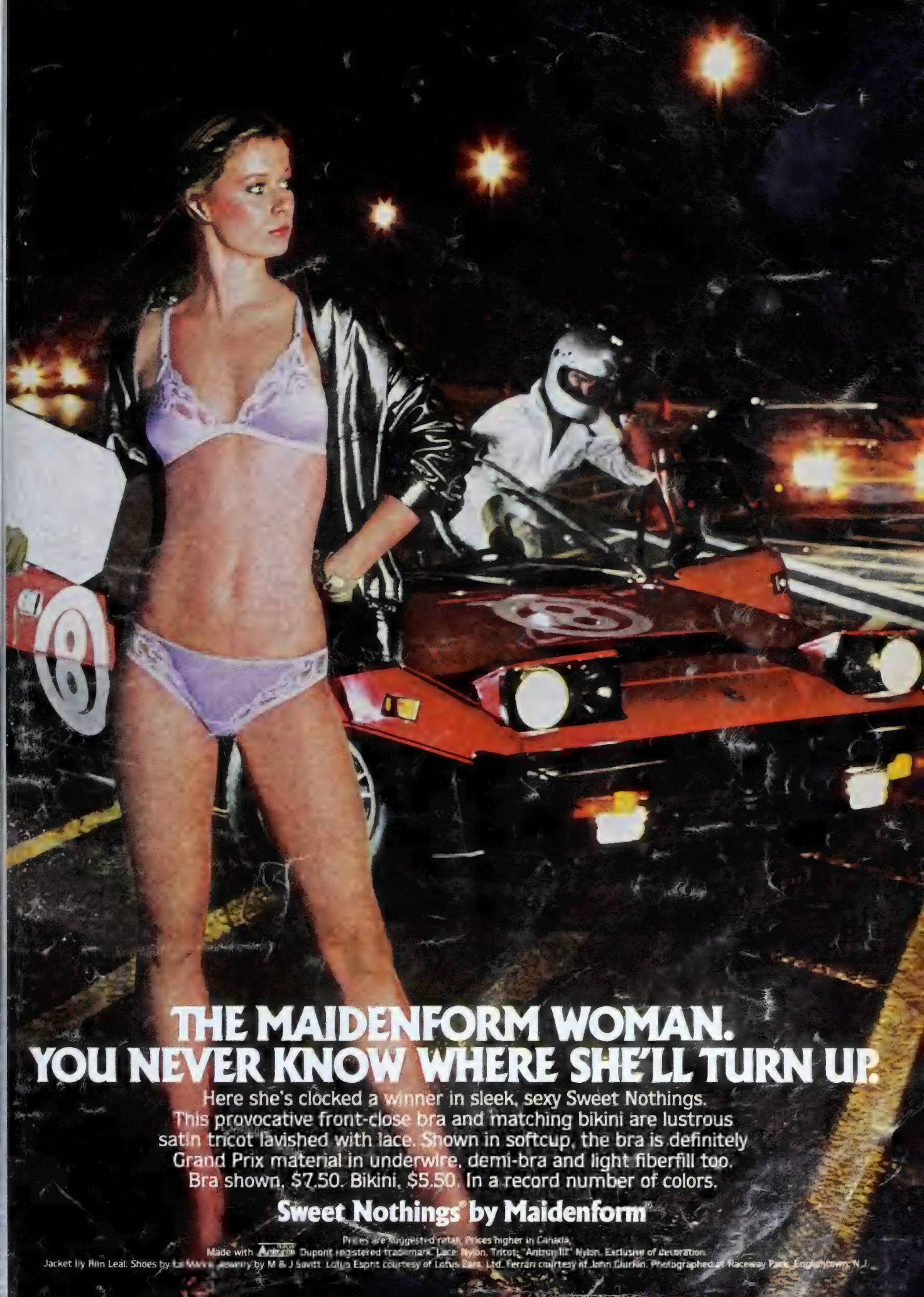
"How could I resent people like that? How could I walk out and leave a guy as sweet as Paul? I'll tell you how. I reached a point where I felt as though I didn't even exist anymore. I sat by myself all day in a house that wasn't even mine, while I took care of a darling, beloved baby who never stopped crying. My only activities were diapering and floor-scrubbing. I tried to like that life. But nothing I could ever do was right.

"Paul's folks had a key to the house. During the few times Paul and I went out together, we'd find them there when we got back, waiting to tell us that the house wasn't clean enough, or the yard wasn't pruned properly. To defend the place from my terrible housekeeping, they finally offered to lend us money to help buy a condominium. They picked it out, of course. They also loaned Paul money to buy a car.

"Paul is a car nut. The sports car he used to own was his pride and joy, and I don't think he ever got over selling it. The car

(continued on page 12)

Illustration by Andrea Baruffi


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Can This Marriage Be Saved?

continued from page 8

we have now doesn't compare to that one, but he spends every off-work moment tinkering with it.

"By 'off-work' I don't mean to imply that Paul is shiftless. He's progressed from the first three-hundred-twenty-five-dollar-a-month job to earning almost double that as a customer service agent with an airline. I work, too, part-time in a record store so we can make payments on the condo.

"He works nights, while I work days. We say 'hello' to each other in passing, usually in bed. Paul's got two interests in life—sex and cars. One he needs me for, and one he doesn't. I feel like a self-service machine: push the button, get your fix and go back to repairing the car. Or out with the boys. Paul feels he needs some fun time to play pool and drink beer.

"Maybe I could adjust if I actually saw myself as a mother. Rather, I feel more like Jacob's baby-sitter. Both sets of parents hang over me as though they're afraid I'm going to break the baby. My mother-in-law has strong ideas about raising children. She differs with me about Jacob's food, his schedule, even his potty training. At eighteen months, he's still in diapers, and I feel like a criminal. Paul's brother, Tom, has a baby younger than Jacob who has been trained for ages. Tom's wife is 'mature enough for motherhood.' Apparently, I'm not.

"I'm close to my own parents, but they're equally trying. Mom, who is a nurse, is into 'germs.' The minute I walk in the door with Jacob, she has him in the bathtub, even though I bathed him twenty minutes before.

"I feel as though I'm a failure at everything, and I can't even talk to Paul about my frustrations. When I say I'm unhappy, he starts to bristle, and I panic. I'm afraid he'll fight the way his parents do. One time Paul's mother chased his father through the house with a butcher knife.

"I walked out two weeks ago because Paul wanted sex and I didn't. I'd had a rotten week, and Paul had not kissed me for days or even tried to talk to me. Suddenly Mr. Macho was plunking into bed and grabbing for me. I took Jacob and moved in with a friend from work. Since then Paul has been writing me beautiful letters, and I do miss him. Still, if I go back, it'll be the same thing all over again. I just can't live that way for the rest of my life."

PAUL'S TURN

"I didn't know how much I loved my wife and son until Corrie left me," said Paul, a tall, handsome young man with a gentle face and a boy's lanky build. "I miss them terribly, and I'll do anything to get them back. Over the past two weeks, I've realized I haven't been much of a husband.

"Until I married Corrie, I never had to worry about anything. I was the spoiled youngest of three sons. In school, I received passing grades without trying, so I floated through. All the money I got from my folks or from after-school jobs, I spent on my car. What a car it was! When Jacob was born I suggested selling the car, but that was only a gesture. I knew my folks would lend us the money for the hospital bill, even though my dad had hit the roof when I told him I was getting married. He was an 'early baby,' and he says he's always felt responsible for shoving his parents into marriage. The trouble was Corrie took me right up on the offer to sell the car, and I couldn't back down, but I felt very resentful.

"Still, I do see now that I haven't given Corrie enough attention. I've been concentrating on earning a living and getting wheels under us again. I borrowed enough money from Dad to buy a beat-up old hot rod that I'm trying to fix up to sell. With the money from that and a loan from my credit union, I want to invest in a really rare car. But there's one thing I don't understand. I'm working hard and I'm not tired, so why is Corrie always so dragged out? She doesn't even have enough energy for sex. The condo doesn't need much housekeeping and getting an outside job was her idea. As for the baby, she's got the grandparents to help her. Mom would toilet train Jacob, but Corrie's got a block against my mother. She thinks Tom's wife is the favorite daughter-in-law. Corrie's also scared of my mother's temper.

"If Corrie will move back, I'll try to be a better husband. I'll spend more time with her, and I won't ask for sex so often. Maybe then she'll be happy. If she isn't, I honestly don't know what else to do."

THE COUNSELOR'S TURN

"Corrie and Paul were a good example of a couple who married without emancipating themselves from their parents," said the counselor. "They had many things going for them—love, loyalty, above-average intelligence, devotion to their child and a real desire to iron out their problems. They just needed a chance to develop their own style of living and loving.

"My first task was to help Corrie and Paul decide on their goals as a couple. Until now, their lifestyle had been primarily a reaction to parental suggestions. Paul, in particular, behaved like an adolescent about money. He regarded his parents as a natural source of financial aid but resented their control over his life that resulted from the indebtedness. Once he and Corrie discussed their financial priorities, Paul decided that he did not want a sports car as much as a real home. He and Corrie drew up a contract that included a complete closing out of family debts. They asked Paul's parents to co-sign the document.

"In this way, they began to relate to their elders in an adult-to-adult style rather than as children to parents. The sale of the condominium helped speed up repayment and also made possible a substantial down payment on a house. This new home is in a Denver suburb, far enough from both sets of parents to discourage drop-in visits.

"Paul and Corrie also began to work on communicating. Corrie didn't realize that Paul could roll with the punches and would not overreact to her anger or resentment. Corrie and I had several individual sessions during which she admitted that she tended to let small hurts build up. When she did let out her aggressions, it was where Paul would be hurt most—in bed.

"As Corrie learned to express herself more freely, Paul began to understand the full extent of her loneliness and frustration. He hadn't enjoyed school, so he never realized the sacrifice Corrie made by giving up the social whirl of her senior year. Once he recognized this, he tried to find recreational activities they could enjoy together.

"This couple felt particularly wobbly about their parenting skills, so I recommended a list of child-rearing books. After discussing various methods, they discovered that they were amazingly close in their goals for Jacob. They came up with a set of rules that they gently presented to the grandparents and began to use themselves.

"With all the interference from her mother-in-law, Corrie had not realized that Jacob was not an unusual child to be in diapers at eighteen months. After reading a book on toilet training, she started rewarding Jacob for his successes. To the amazement of everyone, particularly the mother-in-law, she had Jacob out of diapers within two weeks, which put him well ahead of most toddlers.

"Once the couple felt good about their life together, their sexual problems took care of themselves. When Corrie verbalized her desire for more cuddling and closeness, Paul obliged happily. Corrie, for her part, responded by initiating sex on her own, which pleased her husband.

"Paul and Corrie terminated counseling a year and half ago, but we attend the same church and I regularly run into them. Corrie stopped work when Paul got a promotion, and last week I was a witness at their baby daughter's baptism.

"All the grandparents, beaming proudly, were there. Later, Corrie confided to me that since she and Paul have become more secure, they have grown to enjoy and appreciate their parents.

"'We're friends and equals,' she told me. 'They're really delighted that Amy was a *planned* baby.'" **End**

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"How I Found Fulfillment in Spite of My Handicap"

By Anne Carroll

The Journal *salutes the International Year of Disabled Persons with this true story of one woman's unstoppable courage. You'll be inspired . . .*

Yesterday, while cleaning out my desk, I unearthed a report card from early in my year in first grade. The teacher had written on the bottom: "Anne does not participate in classroom play activities. If left to make up her own mind, however, I feel she will join in eventually." That teacher was a wise woman. She knew I had to find my own way.

For me, just getting up from a chair has always been difficult, and walking across a room is even harder. No, I'm not shy. I am handicapped. I was born with cerebral palsy, a neurological defect, which often results in spastic muscles. This can cause speech difficulties as well. When I entered first grade, I didn't realize I was the first disabled student ever to be enrolled in that public school. I certainly knew I was different, however.

For weeks I kept my legs, burdened with heavy braces, tucked beneath my chair and didn't budge from my seat. If I had gotten up to play I might have fallen in front of everybody, and I'd rather have died than face that humiliation. I never raised my hand to answer a question for fear the other children would laugh at the hesitant way I spoke. I thought maybe I'd win friends more easily if I didn't take any chances. Then one day a classmate showed me how wrong I was.

"You stuck up or somethin'?" Ralph Matthews demanded. I thought he was making fun of me because I was crippled, so I ignored him. How could he be so rude? "Why don't you ever play with us in the playhouse?" he persisted. "Here, take my hand if you need help walking."

Ralph's kind, candid eyes were daring me to stand up. Everyone else in my life had always been so protective and sympathetic, especially my parents. No one had ever challenged me this way before. So, leaning on his arm, I entered the schoolyard—and nobody stared or laughed. Soon I discovered that my classmates didn't care how strangely I walked or spoke. What they felt was odd was that I wouldn't try.

From that moment on, I tried and tried and tried. I became a doer instead of a sitter throughout grade school, high school and college. In my junior year at the university, I was even elected to the student council. That was quite a feat considering that many of my classmates had never been around a handicapped person before. "Up close, you don't look disabled at all," they would say.

A high-risk employee

When the time came to get a job, however, I was in trouble. Because I was both female and physically handicapped, I had two strikes against me. Interviewers were usually polite, even respectful—but they were also vague. Obviously they felt hiring me was an enormous risk. "Be humble," one friend advised. "Take any job you can get, and then prove yourself."

So, even though I had a degree in business administration, I took a job as a file clerk. Uninspiring as the position was, I tackled it with zeal. There was no task too menial or too taxing. Eventually, my reputation as a dynamo won me a promotion to statistician. Victory! *(continued)*

Illustration by Alan Henderson





It's Not Easy

continued

Still, once I had managed to get my career going, I realized I needed more out of life. Handicapped or not, I had womanly, romantic yearnings and the desire to be a mother. Yet, dating was something I had seldom let myself think about. After all, no one had ever asked me out. What man would find me attractive with my awkward, unappealing gait?

"You're not fooling me, Anne," Phyllis, one of my co-workers, said to me one day. "You scrunch over that desk like Little Miss Industrious, but I bet you're longing to be meeting a boyfriend after five instead of putting in all that overtime." In her late 30s, Phyllis was beautiful, divorced—and always being courted by men. She was also kind. "Go after what you want," she urged me. "A surgeon might be able to improve your legs."

Another dare. I remembered in a flash how Ralph Matthews had helped me get moving long ago and knew I couldn't resist trying again. The next morning I made an appointment with the orthopedic surgeon Phyllis had suggested.

The surgery was a painful ordeal that took two years—and all my savings—to complete. Because the procedure involved meticulous work with the bones, tendons and nerves in both my feet and ankles, I was constantly in and out of casts. Still, I was able to keep my job, working between hospital stays. The company infirmary even lent me a wheelchair so I could get around the office easily.

Each time I was operated on, Phyllis visited me regularly at the hospital and at home. Sometimes she brought a friend who was a chemistry professor—and a bachelor. Even though Bob was considerably older than I, his calm manner and warm, subtle sense of humor made him marvelous company. I began to look forward to his visits and, to my surprise, he soon started coming over on his own.

A strange courtship

Because of my inability to get around, Bob and I never went anywhere special. We just spent our time together talking and talking. I no longer minded the pain I was enduring. I only wanted Bob to be proud to walk down the street with me.

When the last set of casts was finally removed, however, I realized that while I could walk without braces, I would need a cane. I was bitterly disappointed. One night as I watched Bob move around the kitchen with ease as he made dinner, I blurted out, "You won't like a cripple for a wife." Startled, he turned and looked at me. His gaze was tender and determined.

"Accept what's happened, Anne. I have," he said. "Buy a cane tomorrow."

Accept, accept, I thought. I'd been accepting all my life. He let me cry out my frustration in his arms. When my sobbing quieted, he tilted my chin up so that my eyes met his. "Like it or not," he said softly, "you're in my life to stay."

We were married on a sunny Saturday in April. As I walked down the aisle I lost my shoe and didn't care. In fact, I hoped everyone noticed. It was a feminine, flimsy slipper I could never have worn with braces.

Our daughter was born almost three years later. My pregnancy was blessedly uneventful, but her birth was by Caesarean section to avoid strain on my unpredictable spastic muscles. Elizabeth was perfect in every detail, with a mass of black hair and alert, sparkling blue eyes.

Often, as she grew from infancy to toddlerhood, I looked into those exquisite eyes and wondered if she would always love me. Or, someday, would she resent having a mother who is flawed? After all, she certainly didn't have a conventional upbringing. When she was a baby, I moved her from room to room in a stroller because I couldn't carry her and maintain my balance. And I became terribly anxious when she started walking and I couldn't keep up with her, much less pick her up when she fell. Bob always comforted me by saying, "Don't worry, we'll get through this together."

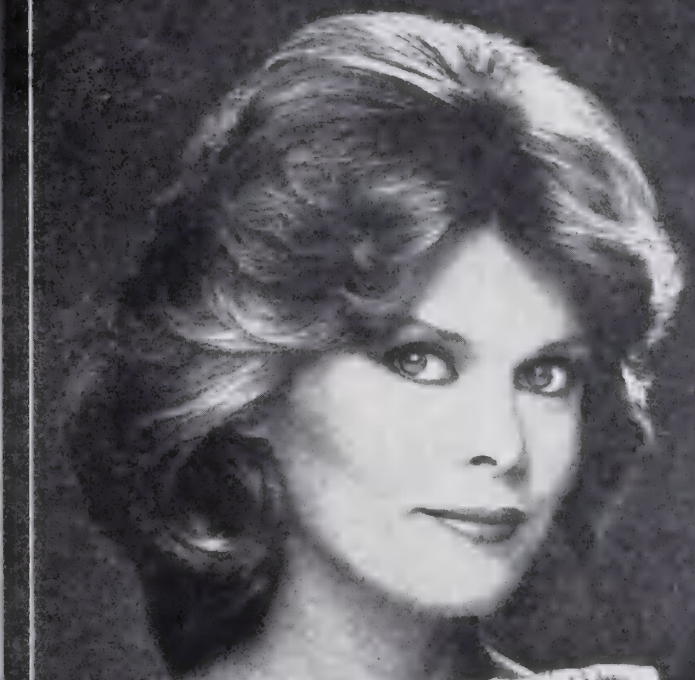
And so we have. Today, Elizabeth is eight years old, and a particularly self-reliant little girl. She is also a very loving, sensitive child who seems to regard my handicap as simply an unfortunate necessity of our everyday life, as Bob and I do.

Friends have complimented me on what a fine job I've done as a mother. I'm told I'm an inspiration to women everywhere, handicapped or not. Still, without the ever-present support of my parents and friends, my life would have been a great deal more difficult. And without Bob, who has been dishwasher, nurse, friend, housekeeper, cook, lover and grocery shopper all the while, it would have been a lonely life as well. **End**

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay $250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed if possible, and should be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box INE, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts, but we will make every effort to see that your manuscript is returned to you.

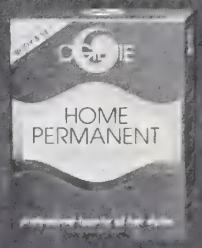
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BARBARA WALTERS

TV's toughest interviewer is caught at her own game. Talking to her old friend Gene Shalit, she reveals a Barbara Walters you've never seen before.

ACT I

Dusk, a desk. Curtain rises on an office at ABC-TV in Manhattan. An interviewer paces alone. Barbara Walters will soon arrive, ready to talk about her personal life in a way she has never before discussed publicly. The interviewer glances around: an antique table, cream-colored sofa, two easy chairs, chocolate carpet. Bookshelves. In an outer office, two secretaries busily on the phones. On the walls, tributes and memories. Framed, a telegram sent after the Reagan-Carter debate in which she was a questioner: "Who won? You did. You made us all proud of broadcasting's [illegible]. Cheers. Walter Cronkite." Framed, a handwritten letter: "This is not a mash note. But damn, you're good! Excellent job. By far the best. Congratulations. Dan Rather." Framed: Scribbled notes in BW's hand, torn from a spiral pad and autographed by Sadat and Begin after their historic joint interview. Framed: A photo of BW with Fidel Castro in a Jeep in Cuba, taken during her unprecedented ten-day interview. For Barbara, for the longest and most difficult interview I have ever done in my life. Havana. [illegible] Everywhere: papers, books, pencils, a manual typewriter. This is an office. Somebody works here. Barbara Walters rapidly arrives simultaneously removing her coat and offering coffee swivels to her desk, smiles and greets her old friend interviewer. She exhales. Everything is calm now. But the scene was not serene five years ago when she switched from NBC to ABC amid a national media uproar and a million dollar contract that had made this office clamorous. The door is closed and Walters and Shalit talk privately.

Gene Shalit: Before we talk about your private life, did you think your first year at ABC would be as terrible and painful as it was?

Barbara Walters: Never. Never. Short of someone in my family being ill or dying, it was the worst year I've ever had. And it should have been the *best*. Oh, God. First of all, I wasn't leaving NBC because I wanted to make more money. I made enough money. The major inducement was that ABC told me it would expand its news program to an hour. Everybody forgets this. With an hour, I could anchor *(continued on page 25)*



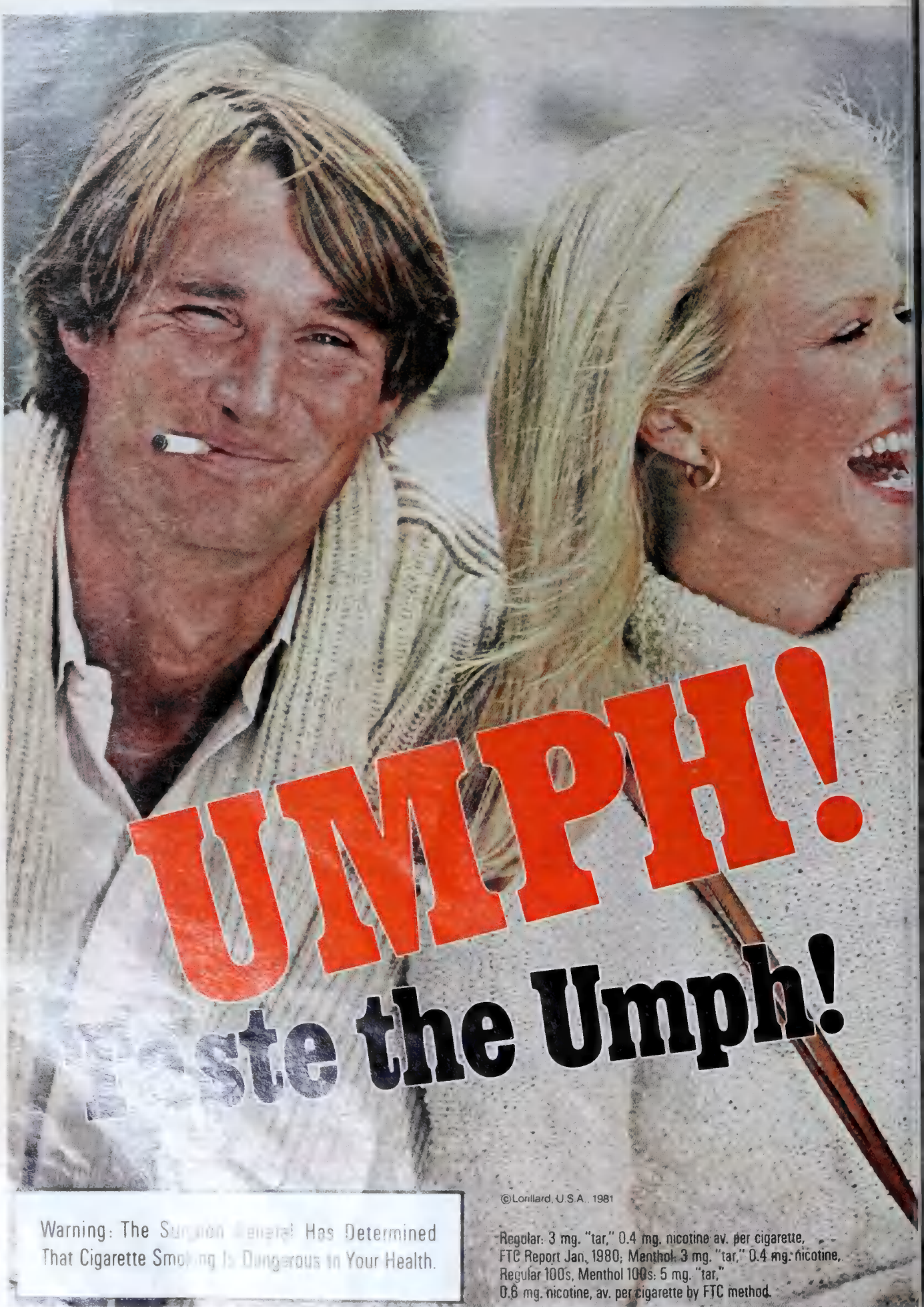
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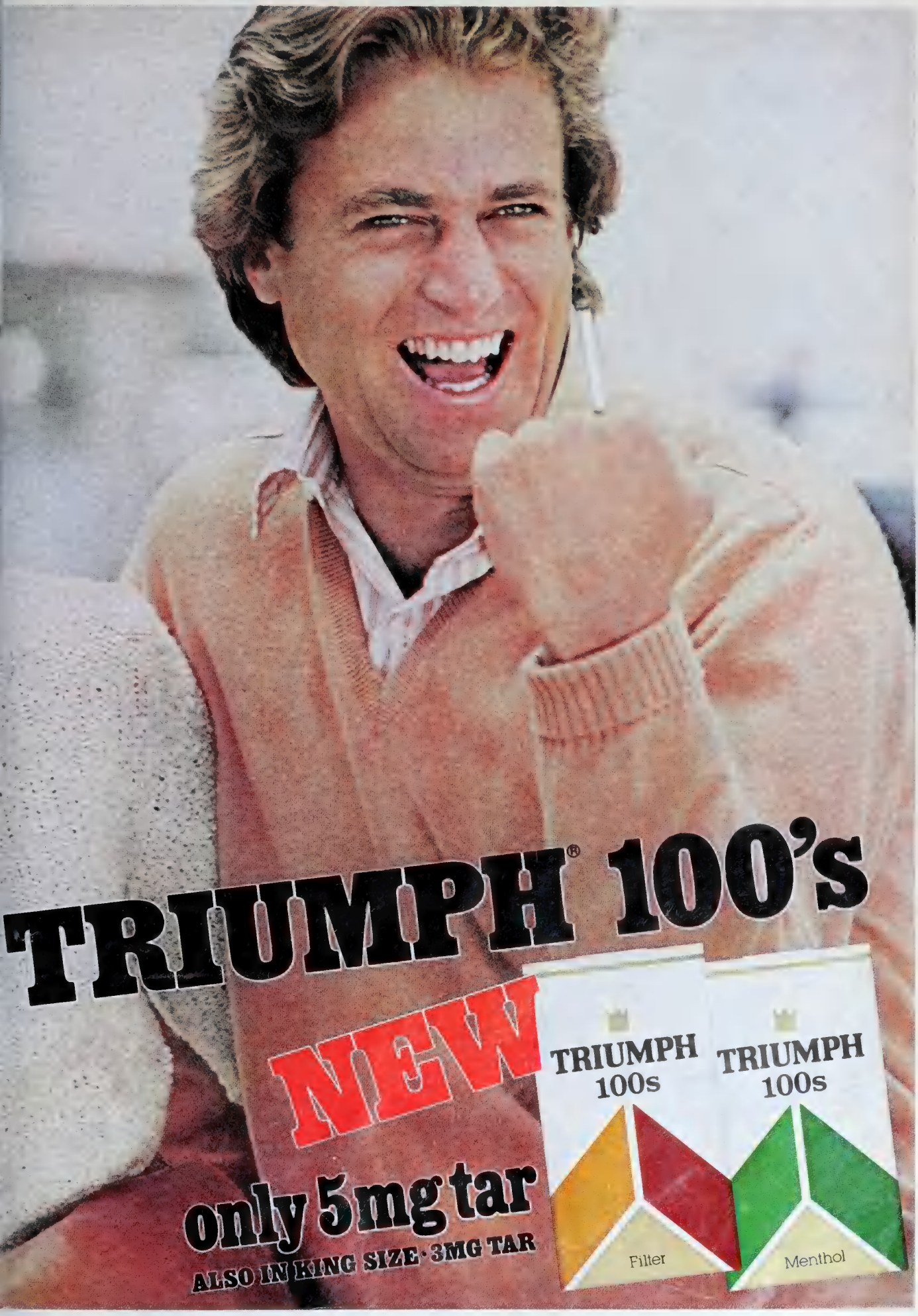
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BARBARA WALTERS

continued from page 20

and also do my interviews. I would not have to get up at four-thirty in the morning, I could lead a normal life and I could spend more time with my child, who was then eight. It was a new opportunity. I was on the *Today* show at the time and I remember having to fight to do one feature a week that I might *want* to do. I asked if I could at least be *consulted* about the features I did. Everybody talked about the kind of power I had. I had none. It took me years before I was even allowed to do serious interviews. Frank McGee was not very happy about having a woman on the program. He went to the president at NBC to insist that I never participate in any of the Washington interviews. We finally decided that I could participate provided that I waited until the third question. I have never talked about this, but this was the atmosphere I worked under.

When I came to ABC, my salary caused an uproar. They said, "We will give you the same salary we give Harry Reasoner." He was getting $500,000. Not a bad salary. And they gave me the same. But they said we also want you to do four specials a year. Nobody in the business was doing both entertainment and news specials. And they wanted me to do *Issues and Answers* and they wanted me to do radio. It was a huge package. They said, "We will pay you half of it for news and half of it for entertainment." They set the million dollar figure. Like a dope, because we didn't know any better, either ABC bragged about it or my representatives bragged about it. If I had known what was going to happen, I would have happily worked for less. We never had a chance to explain that I wasn't getting a million dollars for doing the news—and I'm still not. It also never occurred to me that Harry Reasoner would be so bitter about my coming. I never have felt that it was directed against me personally, but simply because he didn't want a partner. He had had a hard time here. He had had Howard K. Smith as a partner and he didn't like *that*. Suddenly, here is this prima donna moving in and making more money. Two men don't get along and you don't hear anything about it. But if it's a woman and a man that's terrible.

The people who were toughest on me, strangely enough, were the newsmen in my own industry. I was pictured as some kind of dilly, a chorus girl who was going to come in with short skirts and kick my legs. Editorials were written about it. I was followed on the street. Photographers were at my house every day. I couldn't bear to pick up the paper for a year. I was so terribly unhappy. I was so homesick. I missed everybody at NBC. If I could have gone back, I'm sure I would have. I felt as though I were drowning. The press was very hard on me. Every day at three o'clock the papers would be delivered and there would be another blast. Tears would come to my eyes and I would blot my eyes so the mascara wouldn't run and go on the air.

What saved me was the fact that I'm very sane and levelheaded. I had a normal home life. I could come home to my child, who really didn't care what went on in the office with Mommy. I had my same friends. I lived in my same apartment. Life went on. And in June of that year something happened that turned the tables. Roone Arledge came in and took over ABC News. That made a difference. The whole news department changed. People began to think, "You know what? It's enough already with picking on her." And from then on it was different. I was no longer an anchor on the show. I found a new place for myself here.

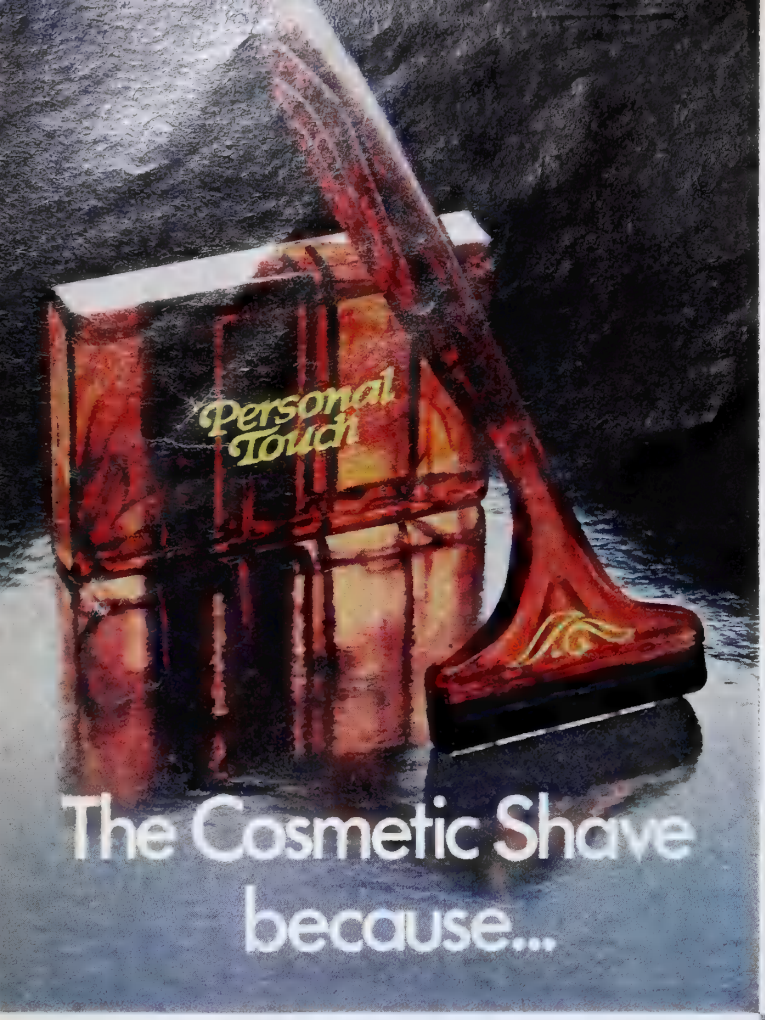
ACT II

BW's office. Photographs, freeze-framing random moments of a little girl's childhood, are on walls, shelves, tabletops. The girl is Barbara's daughter, Jacqueline. Barbara adores her beyond expression.

GS: Do you regret not having another child?

(continued)





eased. I was talking to Brzezinski about Castro and I said tha he was a very compelling man, a man with an attractiv personality. I said I could even see Jimmy Carter and Fide Castro having some kind of a relationship. It was dinner part conversation. Brzezinski said absolutely not. There was n possibility of that. Carter would never have that kind of rela tionship because Fidel Castro was this and that—he used som very strong terms. And I said all right, but as a reporter all am saying is that as a person Castro is an interesting, compel ing man.

At that point, Brzezinski said rather hotly, "It's just that yo have a crush on him!" And I said, "I resent that very much!" said, "If my boss or Walter Cronkite came back from Cuba an said Fidel Castro is an interesting man or a compelling mar you wouldn't dare dismiss it that way! You know, I really don like that. That's not the way it was, and that's not the way m interview was!" And indeed that is not the way it is.

ACT IV

For years, Barbara has been linked with this man or tha man—rumor, gossip, speculation, wonder. She lives in a worl of attractive men, celebrities, achievers. I ask what she look for in a man. She doesn't hesitate.

Walters: First of all, I know there's a trend these days women being attracted to younger men. I never am. The me whom I attract and to whom I am attracted are usually ver successful in their own right in their own field. Older than am. Very secure. I am never attracted to actors, although I d like them very much. I think that Burt Reynolds is adorable funny and touching, but I have never met an actor who turne me on. Looks are not important to me. Handsome doesn matter.

GS: Now I've got to ask you something.

Walters: I wondered when you were going to. *(continued*

BARBARA WALTERS
continued

can pick up the telephone the next day and ask if I may report this.

GS: Can a secret cause problems with a friend?

Walters: Once it did, through a friend who's very close to Kenneth, the hairdresser. Very close to Jacqueline Kennedy. Never revealed any secrets. My friend said to me one day at lunch, "Jackie Kennedy, in about two weeks, is getting married." And I remember saying, "Gee, to whom? Mike Nichols?" She said, "No, Aristotle Onassis." And then she said, "Oh, my God, don't say anything. Promise me you'll never say anything. I told you this as a friend." As an aside, Gene, I have female friends to whom, every once in a while, I have to say, "By the way, in my spare time I'm a reporter." [Laugh] Well, I didn't say anything about Onassis, but finally I couldn't stand it anymore. And I called Frank McGee (I was at NBC then), and I told him, "But the news department just didn't believe me. I think it was a Wednesday night and on Thursday I was out of town and the announcement was made. And I remember sitting on the bed in my hotel room screaming at myself, "Why didn't I call earlier! Why didn't I do it earlier!" I then said to my friend, "Never tell me anything like this again and then tell me I can't use it!"

GS: Do men in power treat you differently from the way they treat male journalists?

Walters: Sometimes. I had returned from Cuba after an interview with Fidel Castro that had lasted ten days. I was in Washington at a dinner, and one of the other guests was Zbigniew Brzezinski, National Security Adviser to President Carter. Remember, this was a different time. Carter seemed to be reaching out and it looked as though our embargo might be





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GS: Are you ever going to get married?
Walters: I don't know.
GS: Do you think of yourself 15 years from now without a man?
Walters: It would have to be a particular man.
GS: Could you keep your career and marry him?
Walters: There was a time when I thought that I could give up TV. And a couple of years ago I thought that a man would be my escape when things were so terrible. But now, if I married I certainly would continue to work because I enjoy it. I like my work. I don't like all the pressure and I don't like the panic and the competition. I really don't like it. And it isn't that I just want to be *married*. I would want to marry a particular man. If I marry, I marry because this is the man whom I want to marry. I'm not marrying for prestige and I'm not marrying for money and I'm not marrying because somebody can take me to a dinner party. There are things I can do myself. It's because the man himself is special.

But I'm afraid of marriage. It's so hard to be married, isn't it? You have just so much time, and there are so many things that you juggle. I'm juggling a career, a child and a relationship now. And just in terms of having the time . . . time is something we all value. I just don't know.
GS: You have been publicly linked with Sy Weintraub, the former motion picture producer and now a West Coast businessman. Could you stand living in southern California?
Walters: No. But I wouldn't have to. A lot of his business is here. He's a very nice man. He's a very strong man. I don't mean *strong*, although he happens to be physically strong, I mean he goes out in the terrible New York winter weather with no coat at all. I bought him gloves for Christmas and I made him promise me that he would wear his gloves. He is a very secure man.

The question is: Am *I* thoughtful enough about *him*? Is there enough time for a relationship? It's very hard. It's a question of independence and welding two lives together. [She pauses.] I really don't know. Sy has said to me that if we get married it should be because we both want to so very much.
GS: Could you marry somebody to whom Jacqueline was opposed?
Walters: I've thought of that, too, although it hasn't come up yet. I think that if it were a terrible problem it would be awfully difficult for me. On the other hand, I don't think there is anybody she would totally love because she has had Mommy alone for a long time.
GS: And Lee Guber is her father, too. She thinks of him very protectively, doesn't she? Lee has been nice to her.
Walters: Oh, yes, he has. Isn't it funny you put it that way? Because all fathers these days *aren't* nice to their children, and don't take the time for them. She has a wonderful father, and Lee and I are very close.
GS: And a new person would be an intruder?
Walters: Not as much as it would take Mommy away. So, I have to take what she says and balance it.

ACT V

The sun is setting, refracted from Manhattan's towers and stubby brownstones. Barbara Walters, in a white cotton caftan with tan embroidery, is totally relaxed while sitting on a sofa in her living room, at ease in the apartment she loves, her home, safe.

"These have been the toughest five years and yet, in many ways, the most satisfying. A new direction professionally. Jacqueline going into adolescence. Time to reflect about the future. How it will be spent. And with whom. [She leans back, languidly gazing across the room and through the window at Manhattan bathed in amber light.] I don't want to climb any more mountains," she says. "I don't want to be first anything anymore." **End**



The Truth About Facelifts



As cosmetic surgery becomes ever more commonplace, you may be considering a rejuvenating operation yourself. To help you decide, LHJ asked a noted surgeon to answer crucial questions about the state of the art. By Harriet La Barre with Dr. Daniel L. Weiner.

Not long ago, a facelift was a movie star's or socialite's secret. Today, however, with increasing numbers of women competing in the job market and a nationwide trend toward self-improvement, more and more people are choosing to have a few years subtracted via surgery.

Yet a facelift is still a major operation. What is involved? What are the risks? What kind of improvements can a patient honestly expect? To answer these questions, *Ladies' Home Journal* spoke with Dr. Daniel L. Weiner, plastic surgeon at the Albert Einstein College of Medicine and the New York Eye and Ear Infirmary.

Journal: What constitutes a facelift?

Weiner: The standard operation usually rejuvenates the face, the jawline and particularly the neck. In some cases, the eyebrows and forehead are also improved. Basically, everything from the clavicles up receives some correction, depending on the patient's need.

Journal: What does the operation help least?

Weiner: A facelift is less effective in the nasal-labial area—from the nose to the corner of the mouth.

Journal: How many years can you subtract?

Weiner: Results differ, but the average patient thinks he or she looks anywhere from five to 12 years younger. Remember, though, that the facelift can only take you back to a more youthful you. It won't give you a whole new visage. I want people to get rid of that false, Hollywood "change-my-appearance" attitude.

Journal: What does the surgeon actually do in a standard facelift?

Weiner: First, he or she determines what to correct. In some people aging has created fat deposits, while in others, the problem is drooping eyelids. No facelift is completely standard. There are, however, certain basics. The surgeon makes continuous incisions from the temple area to the front of the ear, behind the ear and back into the posterior hairline.

If the patient needs additional correction on the chin and neck, the surgeon may make another tiny cut under the chin. Or if a patient is having the forehead restored—which is true in about 25 percent of my patients—the facelift incisions continue across the top of the head.

After the necessary cuts, the doctor "undermines," or separates the facial skin and part of the neck skin from the underlying muscle and tissue, and finally pulls the skin up and back toward the ears. He cuts off the excess skin and stitches up the incision. In effect, he redrapes the skin. The muscles of the face are not involved. The muscles of the neck may be involved, depending on the surgeon's plan.

Journal: Is an eyelift usually part of the procedure?

Weiner: I'd say yes, 90 to 95 percent of the time. A patient may have had a previous eyelift, called a blepharoplasty, which is often a first introduction to plastic surgery, and she may not need another one. Occasionally, a patient has a medical problem, such as a cornea abrasion or glaucoma, that would preclude an eyelift. If a patient had vision in only one eye, a doctor might be reticent about performing eyelid surgery.

Journal: How does the doctor operate on the eyelids?

Weiner: In that operation, a surgeon usually eliminates the fat pads and excess skin below the eyes and over the lids. An incision is made in the lower lid just below the eyelashes, then another incision in the upper lid within the normal eyelid fold.

Journal: How long does the standard operation take?

Weiner: Normally, from two to three hours. The eyelids can take an additional hour or hour and a half.

Journal: What kind of anesthetic is used?

Weiner: Many surgeons, including myself, prefer to work with local rather than *(continued)*



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Facelifts

continued

general anesthesia. The patient is awake, but feels nothing, and post-operative complications, particularly bleeding, are less likely with a local.

Journal: Is there much pain after the operation?

Weiner: Surprisingly, there's relatively little pain. The patient will experience bruising, swelling, a crust around the incisions and other annoyances, but not pain, per se. I give my patients a narcotic painkiller during the first 24 hours, but I never send anyone home with anything more than an analgesic that can be bought over the counter. When the sutures are removed from the eyelids, however, a patient will experience twinges because the area is so sensitive.

Journal: What complications can occur?

Weiner: Although bleeding and infection are possible, they are rare. Bleeding occurs in probably less than one or two percent of cases. Infection is even less frequent because the circulation in the head and neck is so good.

The difficulty that people are most concerned about is nerve damage. While the possibility exists, I've never seen nerve damage occur in the hands of a well-trained, experienced surgeon. There may be some intermittent, transient weakness, but that will normally correct itself.

Journal: When can a patient go home?

Weiner: If the operation is performed in a hospital, the surgeon will usually keep a patient there 24 to 48 hours. Many physicians, however, perform the facelift in other surgical facilities, such as an ambulatory center, in which case the patient leaves immediately afterward. Some go home, while others may go to a hotel to rest for a few days, depending on the surgeon.

Journal: When do stitches come out?

Weiner: Depending on the area of the face or scalp, the sutures are usually removed at intervals from five to ten days following surgery.

Journal: Will scars show?

Weiner: Fortunately, the incisions are made in the hairline and in the normal folds of the skin, where scars are easiest to camouflage. The scars usually start to fade within the first month and within three to four months they are barely discernible, although they never completely disappear.

Journal: When does the swelling go down?

Weiner: About 85 percent is usually gone within two weeks of the operation. The patient then has a good idea of what she'll look like. The last ten or 15 percent may take a month or so.

Journal: Must a person avoid the sun after a facelift?

Weiner: I don't want my patients to do any sunbathing for six weeks to two months following surgery. After that, they can use a sunblock lotion and be safe.

Journal: Do you risk losing hair after a facelift?

Weiner: A person who is losing hair anyway may have some minimal loss along the incision line. The diminished area is usually narrow, can sometimes be repaired and is easily camouflaged. We don't see massive hair losses.

Journal: People worry that a plastic surgeon might take too much skin under the eyelid, giving their lower lid a "pulled down" look. Is that possible?

Weiner: That could occur in the hands of an inexperienced surgeon. If it should happen, the problem can be corrected in a second procedure.

Journal: How long will the facelift last?

Weiner: About seven to ten years. The patient must understand that the aging process is going to continue at whatever her biological rate is.

Journal: I've heard about a facelift suddenly falling. Is that ever possible?

Weiner: No, it's not. Often, patients will begin to age without noticing. Then one day they'll look in the mirror and be surprised. They'll insist the bags and wrinkles appeared overnight, and blame the facelift.

There is one qualification, however. A few people, particularly women who have exposed their faces to the sun and wind over a long time, have thin skin with very little texture. Initially, a facelift effects a positive change in these women. Over time, their skin can't hold changes, and a secondary procedure is required within a year or two. The surgeon can identify such patients and alert them to avoid later disappointment. I don't charge for this type of secondary work, or for touch-ups within a reasonable period of time.

Journal: How many facelifts can a person have?

Weiner: As long as a person has excess skin that can be taken out, we can do the procedure. I've seen patients on their third facelift. Each time it's basically a new operation, since the doctor removes the old scars and replaces them with new ones. Age isn't as important as attitude. I've operated on patients in their 70s.

Journal: How long does the eyelift last?

Weiner: While the fat pads seldom reoccur, you will get excess skin again. The upper lid skin is very thin and tends to become flaky fairly rapidly. So eyelids often have to be touched up within four or five years.

Journal: Is it feasible during a facelift to have either a chemical peel or a dermabrasion to get rid of small, imbedded lines or wrinkles?

Weiner: Yes, around the mouth, but peeling or dermabrasion around the eyes, where the skin is thinner or beyond the mouth area should be done at a different time.

Journal: What about the patient who says, "I only need my neck done" or "just my double chin"? Is a partial facelift advisable?

Weiner: In general, no. If a doctor corrected the neck alone, the rest of the face would look older by comparison. Also, a partial facelift is not possible technically. As an analogy, if you need to take in two inches on a skirt's waist, you have to open the whole seam to take in the excess properly. The same principle applies here. You can't have pleats and tucks along the incision.

There are specific cases, however, when partial corrections will work. If a woman returns several years after a basic facelift and wants another one, she may not need an entire second operation. I find that after the first facelift, a person is likely to age in one area more than another. For example, the woman may need a slight touch-up under the chin, but her eyelid surgery may have held up well.

Occasionally, a young woman in her late 30s or early 40s who may need her eyelids done may also have a little sag in the upper third of her face. So beside the eyelid operation, the surgeon may do a temporal lift, which involves an incision and sometimes slight undermining around the temples. It freshens up the top third of the face, but has very little effect elsewhere.

Journal: What's the difference between a temporal lift and a mini-lift?

Weiner: I think they're basically the

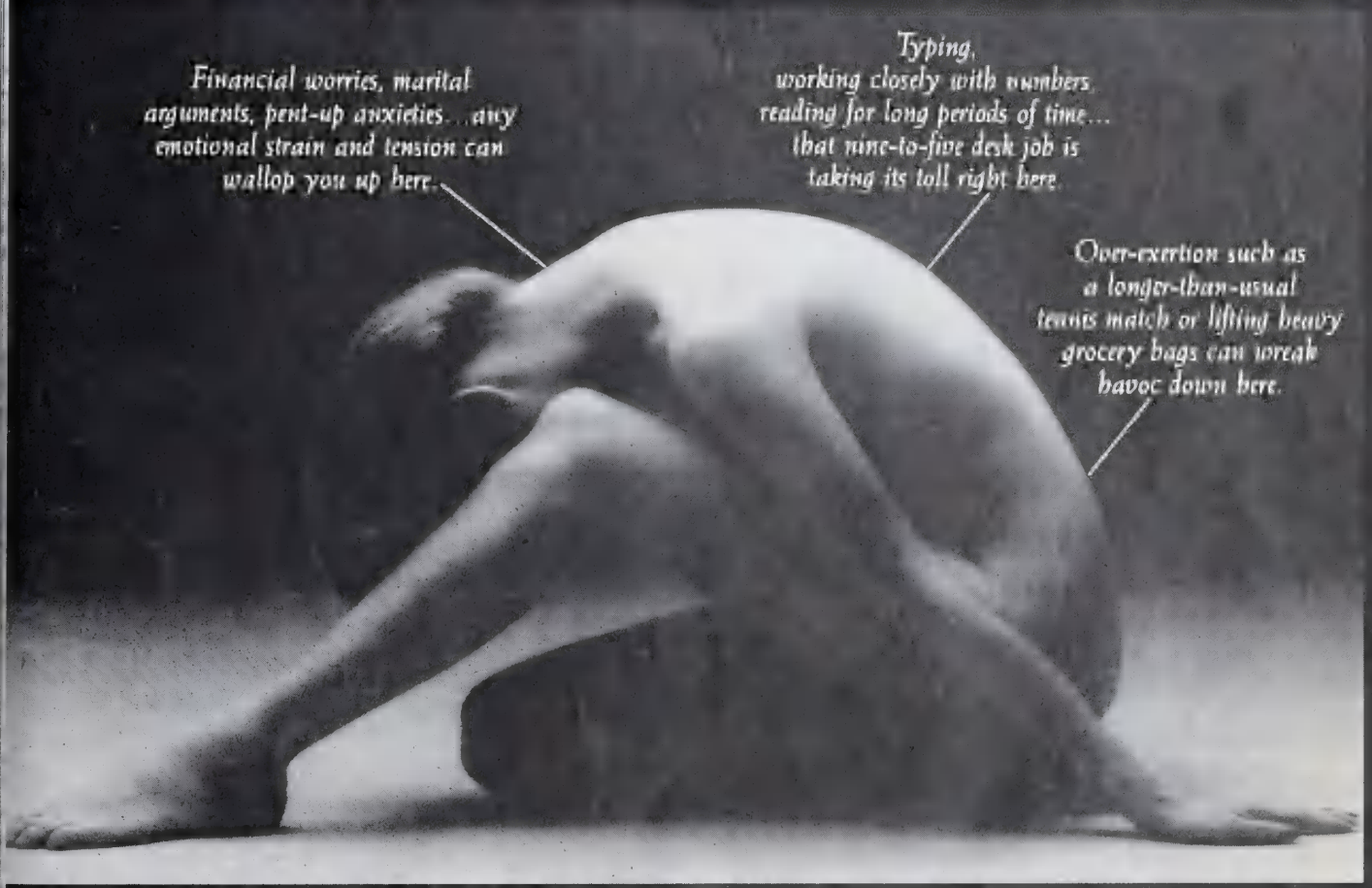
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BEQUEST FOR A SMALL DAUGHTER

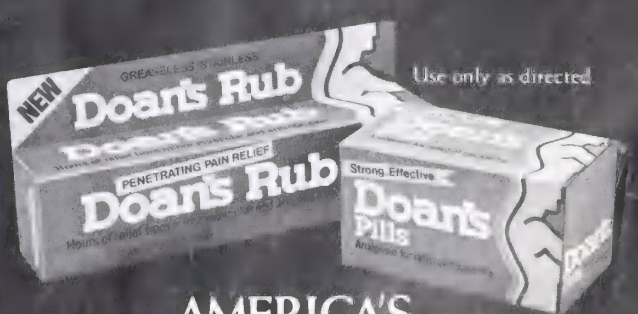
By Gladys McKee Iker

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But winging to my memory
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An inch of day at noon,
Gold coins of tinkling laughter,
A copper's worth of fear,
A marigold of courage,
But a silver globe of tear.
These shining things to grow on,
I leave to her tonight,
Turning out heart's pockets
For her sweet delight.
May she find among them,
Fair and firm and true,
The golden nugget of my heart
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What's a Bride's Mother to Do?

A young couple's premarital jitters are nothing compared to the tangled nerves of a mother-in-law-to-be.

By Shirley Lueth

The day Karen told me she and Dave were planning to be married, I replied, "That's nice, dear—did you pick up your room?"

I reacted with such nonchalance, I suspect, because Dave had been hanging around the house for about two years, and we'd already grown to love him and look upon him as a member of the family. Though technically he lived with his parents, he'd been spending more and more time before our television, at our dinner table, on our couch and in our driveway. Our pup Augie didn't even bark when the young man came to the front door, but wagged his tail, licked Dave's hand, and sat between Dave and Karen on the couch when he deemed this precaution necessary. Augie'd been such an integral part of the courtship, in fact, that I suggested he serve as best man at the wedding, but Dave said his brother's feelings would be hurt, and Karen added that if I wasn't going to take the whole thing seriously, the two of them might just elope . . . at which remark my husband, Lee, eagerly volunteered to buy the gas.

Willing though I was to do my motherly duty, I quickly realized I knew very little about planning a wedding. My own had gone by in a haze, and besides, I could hardly remember *not* being married. (All Lee recalled about the proceedings was the blood test.) Karen suggested we start by making "to-do" lists. Between us, we came up with at least 200 of them, and I misplaced every one. The only paper that kept reappearing on the spindle read, "Buy boxer shorts—size 42," and that didn't have a thing to do with weddings. In any case, both families agreed the gathering would be small, intimate and (at Lee's behest) frugal; the guest roster was to be limited to relatives and close friends, and reached 6,790 in 45 minutes. That's when I put my foot down. Actually, all of the wedding worries proved inconsequential compared to the reception arrangements—since, in a moment of temporary insanity that I mistook for goodwill, I offered to hold the gala at our house.

After investigating the kitchen cupboards, I realized we could serve no more than three people with matched china. The water goblets that hadn't been lost in the sandpile were either colored plastic or covered with silhouettes of Disney characters. As for seating, by squeezing in folding chairs and utilizing the bathtub, about 25 people could be accommodated comfortably throughout the house. At last, after surveying the decor, I informed Lee we'd have to repaint. *(continued)*



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"What's a Bride's Mother to Do?"

continued

"Why?" he asked.

"Because you can't entertain wedding guests with chocolate syrup running down the dining room walls."

"But the wedding's a week from today! Couldn't you have said something sooner?"

"It'll go quickly with all of us helping," I promised.

"Don't count on me," Karen announced. "I have to have my dress altered, my shoes dyed, plan a honeymoon, get a perm, go to a shower and bachelorette party, help Dave pick out a tie and make sure his brother doesn't back out at the last minute."

"Don't count on me," said Susan, who intended to take over sister Karen's room the moment the last grain of rice was thrown. "I have to measure for curtains, dust closet shelves, shake rugs and call my friends to tell them I'm moving."

Energetic younger brothers John and David offered their assistance but only lasted long enough to spill canary yellow paint in the bedroom and turpentine on the stairway. Finally, they contented themselves with putting pop-top tabs on the dog's tail, practicing in case Dave's brother reneged and Augie had to carry the ring after all. Teen-aged Mary flounced around the house saying as long as we were doing all this redecorating, she could use a canopy bed, and little Amy and Claudia reveled in the change in routine and the fact that no one remembered to tell them to take a bath.

Two days before the wedding, the house was a shambles, Lee was in shock and I was paint-speckled and incoherent. Yet miraculously, only 48 hours later I found myself calmly observing both nuptial ceremony and reception go off without a hitch. I tried to forget that my hair was frosted with sea-mist green (the color of the living room) and flamingo pink (the bathroom hue) and reminded myself that whatever I'd left undone that had been on the lists was probably not important anyway. Nobody broke the borrowed china, and anyone who noticed the father of the bride and the groom's dad sharing three bottles of champagne behind the serving table was kind enough not to mention it. Karen and Dave departed for their honeymoon in a shower of rice and tears. "Isn't it wonderful," I bubbled to Lee some hours later, as I perched on the side of the bathtub watching him try to unstop the toilet. "How happy they'll be."

"Don't count on it," Lee growled, a plumber's snake wrapped around his neck and a cold towel on his head. "Some people don't know when they're well off." I pointed out that it wasn't my fault Lee's head ached from champagne, and how was I to know my sister would drop glove in the toilet? Lee snarled that people didn't wear gloves in the room, and that as far as he was cerned, this was the last wedding he ever going to attend . . . let alone pa Thinking this not the best time to re him that four more daughters and sons waited in the matrimonial win withdrew to brew a pot of hot c How could anyone have romantic not I theorized, while playing the ro human Johnny-mop?

I wondered if Karen and Dave rea marriage had to survive the hard sp well as the soft ones. Perhaps weren't fully aware that one of them bound to wake up some morning wit urge to heave a jelly doughnut in the of the other. I hoped when that inevi moment came, they'd understand while occasional violent thoughts are fectly normal, acting on those urg usually a mistake.

"Should I call the kids and offer a marital advice?" I asked Lee casually leafed through the Yellow Pages plumber willing to make house calls eight P.M.

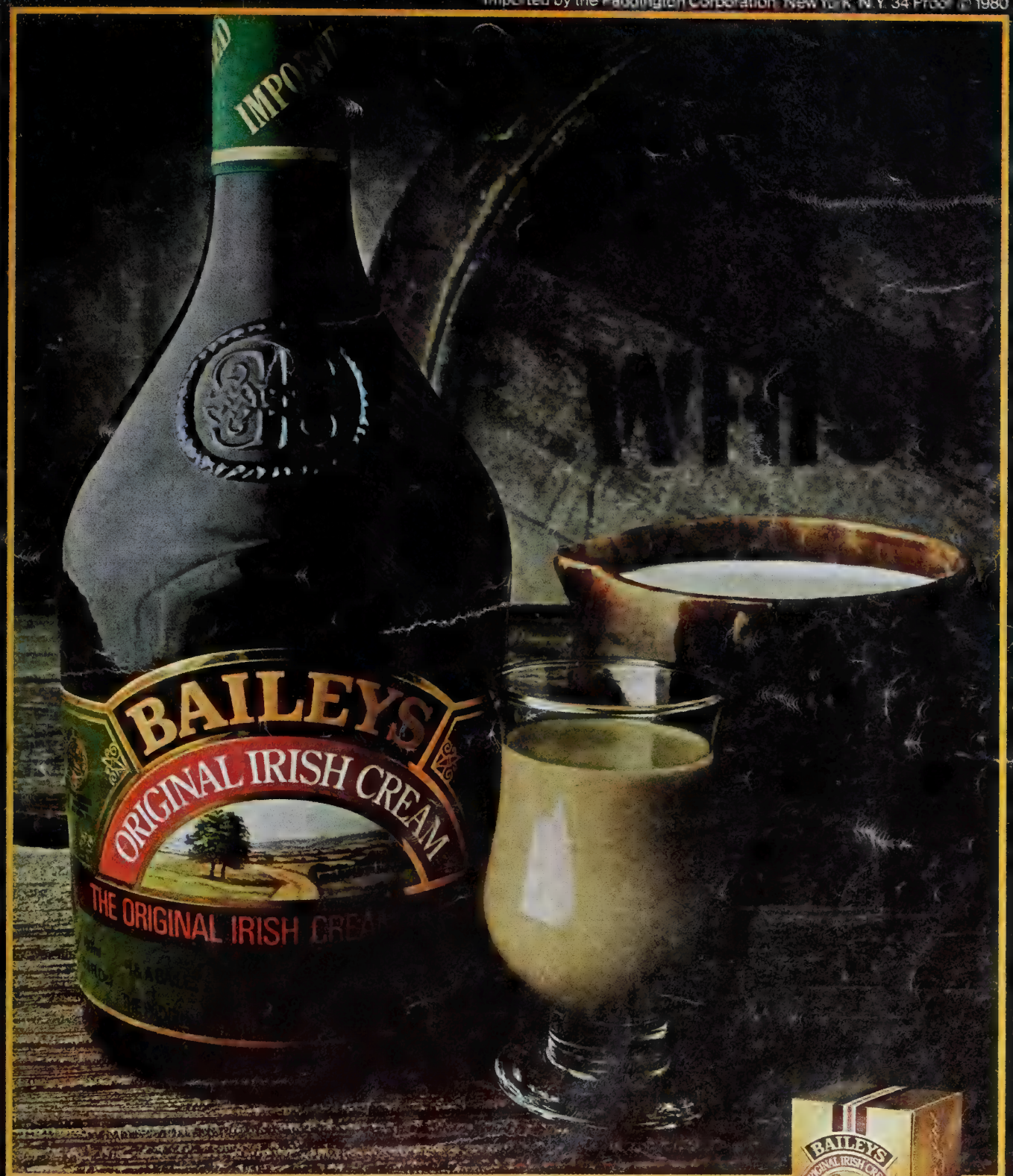
"I think they'll get more good o the set of dishes we gave them," he foaming a little around the mouth, retrieved the glove, a dead sock a blue crayon from the depths of plumbing. Passing up coffee for beer husband found a quiet spot on the c in the living room, where he napped most likely to dream of carefree bac days when "fishing" didn't refer t afternoon of casting about in the fa potty while his head throbbed.

Find out through experience

Of course, I was fairly sure that ev I kept my advice to myself, Karen Dave would find out through experi that in marriage, you have to take plumbing with the poetry. During courtship, no one had told me Le fused to answer the telephone, an one informed him, an inveterate mor person, that I hadn't spoken a civil before noon since I was 14 months Over the years, however, I've learne split phone duty with the kids, and w the alarm goes off, Lee allows m minutes alone to punch out the coffe and shove eggshells down the dis before he kisses me good morning used to each other's rituals are w now, that every once in a while I g bed first and Lee balks over breakfas

At last, after much musing, I settle just a few words of counsel for Karen Dave: "Don't sweat the little things. centrate on the big one: each ot Then I waited for them to ask my ad but they never did, so I told them way—and have added a few other solicited tidbits since that time. As f I'm concerned, that's what a mother mother-in-law, is for!

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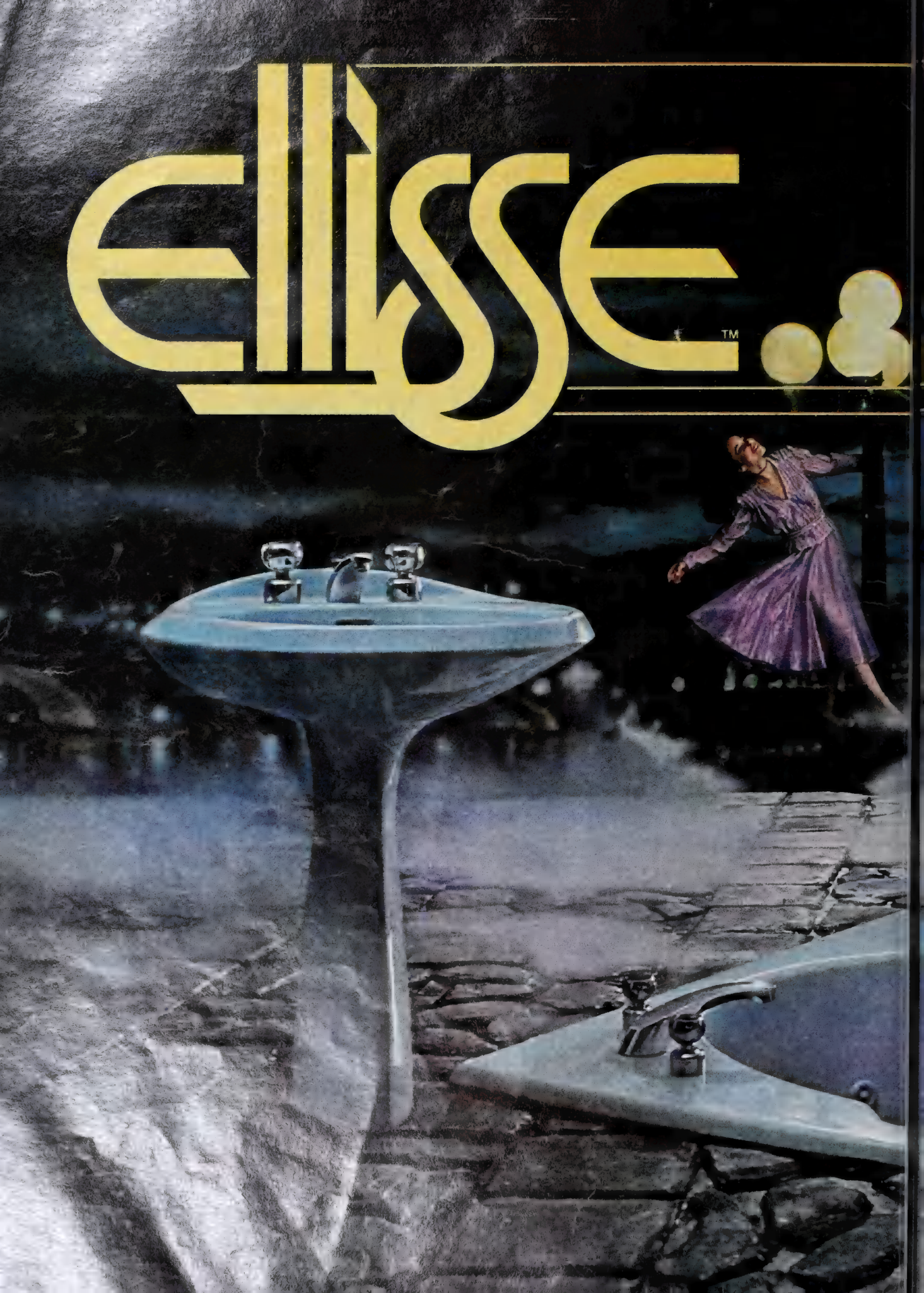




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WOMEN OF ACHIEVEMENT: THE FIRST FEMINISTS

They weren't called "women's libbers" before the 60s, but every generation—as far back as 1700—has had a woman at the forefront of politics, medicine, labor, the arts—even the military! By Joan McCullough

Did you know . . . that in 1760 the first female soldier enlisted in the Continental Army served for over a year disguised as a man and won commendation as an outstanding soldier? Or, that the first female astronaut candidates scored so well that the tests were discontinued since NASA officials were not prepared to have a woman represent the U.S. in space? Here we salute some of our more adventurous ancestors.

The first woman presidential candidate, Victoria Claflin Woodhull, was born in Ohio in 1838. Quick-witted and adventurous, she claimed to be clairvoyant and traveled for several years with her younger sister as a spiritualist and healer. In 1868 they opened a highly successful brokerage firm in New York City, the first women in the nation to do so. Then, in 1872, Victoria founded the Radical Reformers Party, which nominated her for president of the United States in May of that year. Though highly publicized, Woodhull's political career was not successful. She was shunned by all factions, in the end by feminists as well, because of her earlier open advocacy of "free love." (At one point she had been living with her former and current husbands under the same roof.)

The first congresswoman was Jeannette Rankin, who was elected to the U.S. House of Representatives as a Republican from Montana in 1916. She served until 1919 when she was defeated for re-election because of outspoken anti-war sentiments. A pacifist and women's rights activist for the next 20 years, Rankin was returned to Congress in 1940 and served until 1943. She is the only member of Congress to have twice voted against the United States's entry into war: the first time in 1917 against World War I, and the second in 1941 against World War II. Never giving up her fight for peace, Rankin led a 1968 anti-war protest on the steps



of the Capitol in Washington, D.C.

The first (and only) American woman to win the Nobel Prize in literature was Pearl S. Buck, the daughter of American missionaries who spent most of her life in China. Through her teaching and writing, Buck became an important interpreter of Chinese culture for Western civilizations. She wrote over 40 novels, including *The Good Earth*, for which she won the Pulitzer Prize in 1932. Buck was awarded the Nobel Prize in 1938.

Carrie Wilson **headed up the first national women's labor union,** the Daughters of Saint Crispin, an organization of shoemakers made up of 800 women members. In 1870, one year after Carrie was elected president, union members joined in a public demonstration with men shoemakers to march through the streets of Lynn, Massachusetts, protesting poor wages. The membership of the Daughters of Saint Crispin had, by that time, grown to nearly 1,000 women.

Elizabeth Blackwell, **the first female physician to earn a medical degree**, was publicly ridiculed for her attempts to become a doctor. But Blackwell persisted, and after three years of private study, she was admitted to the Medical Institute of Geneva, New York, after the director had passed her application on to the students for approval. Thinking the application a joke, the students agreed that "...the application of Elizabeth Blackwell...meets our entire approval." Elizabeth's arrival at the school, however, drew shock and hostility. She was cursed, spat upon, refused lodging and barred from some classroom demonstrations. Yet she graduated at the head of her class in 1849, went on to London and Paris for further schooling and returned to New York City where she opened The New York Infirmary for Women and Children, which was staffed entirely by women. Fifteen years later, she added a medical college for women to the infirmary—and then went to England, where she helped to found the London School of Medicine for Women.

Antoinette Brown, **the first woman minister** to be ordained into a recognized denomination, was born in Henrietta, New York, in 1825. At Oberlin College in Ohio, she pursued the study of theology, an unheard-of discipline for a woman. The institution, considered radical in its day for accepting both women and blacks, admitted Antoinette to the course, but would not grant her a diploma upon completion, or issue her a student license to preach. Angered by the school's "double standard," she challenged its policy of requiring women to study debate, but prohibiting them from actually debating. Winning her argument, Antoinette preached and lectured widely for the next three years, and in 1853, was ordained a minister of the First Congregational Church in Butler, New York. She left voluntarily after a year, however, since her own growing feminism and religious liberalism conflicted with the more conventional requirements of being a pastor. Two years later Antoinette married Samuel Blackwell, brother of the feminist physician, Elizabeth, but refused to give up either her preaching or women's rights activities.

The first female Cabinet member, Frances Perkins, was born in Boston in 1880. She was appointed Secretary of Labor by President Franklin D. Roosevelt in 1933. Union leaders strongly objected to her appointment, not only because she was a woman, but because she had not come from within their own ranks. She fought for unemployment compensation, child labor laws, minimum wage and old age pensions, which resulted in the passage of the Social Security Act of 1935 and the Fair Labor Standards Act of 1938. After leaving the Cabinet in 1945, Perkins lectured at Cornell University. **End**

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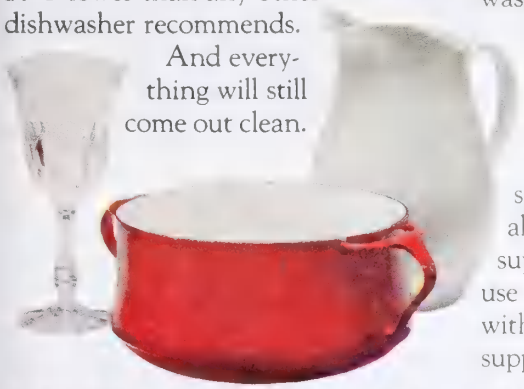
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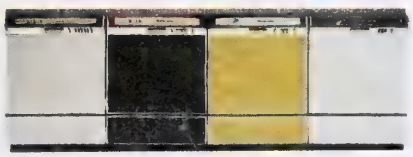
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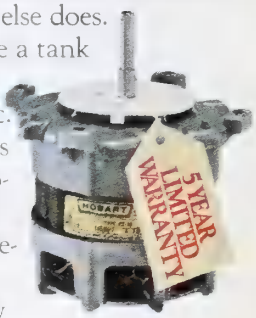
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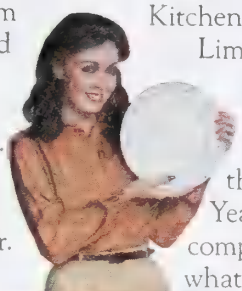


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SEASON YOUR SUMMER WITH OLD-FASHIONED TREATS

Cool yourself off this month with the refreshing foods of summers past. You'll find the secrets of old-fashioned cooking are not lost, but treasured in the worn cookbooks of a bygone day. By Bert Greene



Remember the sweltering days before air-conditioning, when your clothing stuck to your hot skin and the sun's rays seemed to drill right through you? And how it felt when your grandmother brought you lemonade or helped you hand-crank ice cream? Or you licked fruit junket off a spoon and let it slide down your parched throat?

Lately I find myself yearning for the vanished dishes I recall from childhood—like fragile custard and Spanish cream, icy fruit concoctions and wholesome fruit pies.

These foods, once considered staples of the national diet from June to September, were prepared by our grandmothers seven days a week as part of the normal summer routine. My mother used to keep her most special recipes in a worn school notebook (hand-recorded like much of our best native cuisine) and I vividly remember the mysterious notations (like "Sylvia's Very Rich Cookies" or "Belle's Extra Special Cold Blueberry Soup") that whetted my appetite to the extreme.

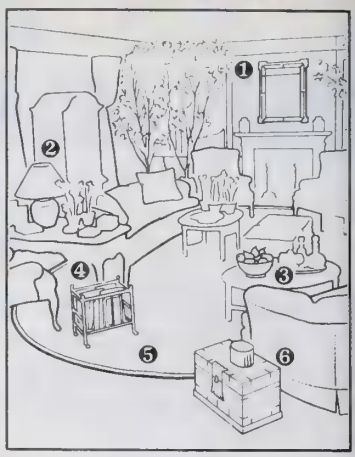
Alas, the book was lost, but not my desire to recover this excellent eating. Several years back, I began a massive investigation into the spattered, pencil-annotated cookery journals of the past and recovered such delights as Coconut Snowballs and Lemon Lady Fingers (from *Miss Clara's Trousseau Book*) and the formula for Vanilla Blancmange (found between recipes for Cold Chamomile Tea and Baby-Soft Custard Cakes in Lauretta-Jean Allen's notebook of domestic science, dated 1887, Charleston, South Carolina).

As it turned out, the secrets of our grandmothers were not lost after all, but whispered to us in the florid script of a long-past hot summer day.

Try, for instance, the prescription for Emily Tibbets' Cranberry Junket from the 1901 edition of the *Barnstable Women's Guide to Cape Cod Cookery*). We caution that it hasn't been tested in the *Ladies' Home Journal* kitchens and may seem a little excessive, calorically speaking, but it does *sound* delicious:

Take 2 egg yolks, beat well; add 1 cup of cream and 1 cup of finest white loaf sugar; beat to a froth. Place in a saucepan, add 1 cup of milk, plus 1 rennet tablet dissolved in 1 tablespoon cold water. Cook until lukewarm, crushing any lumps of rennet or until the sugar is melted. Add 2 cups raw cranberries that have been sweetened and pressed through a wire sieve, season with lemon juice. Pour into 6 sherbet glasses, and let stand undisturbed in a warm room for 20 minutes until firm. Remove to a cool place without jarring. Serve with sweetened whipped cream if desired.

Or, experiment with Pfäumenus, out of *Great Grandmother Schmidt's Recepe* (sic) *Book* (Elyria, Kansas, 1881). This is a remedial cold fruit soup that marries the best of two seasons. Made originally of September's yield of home-canned purple plums and June's first sprouted pinkish rhubarb, it is an object lesson in American pragmatism at work. Mennonites originally imbibed this elixir from a giant communal spatterware bowl—further dappled with sour cream. Homemade zwieback or a plate of warm gingerbread were considered to be the ideal prandial accompaniments. Here is the original recipe (to which I like to add a splash of 1981 vodka): *(continued)*



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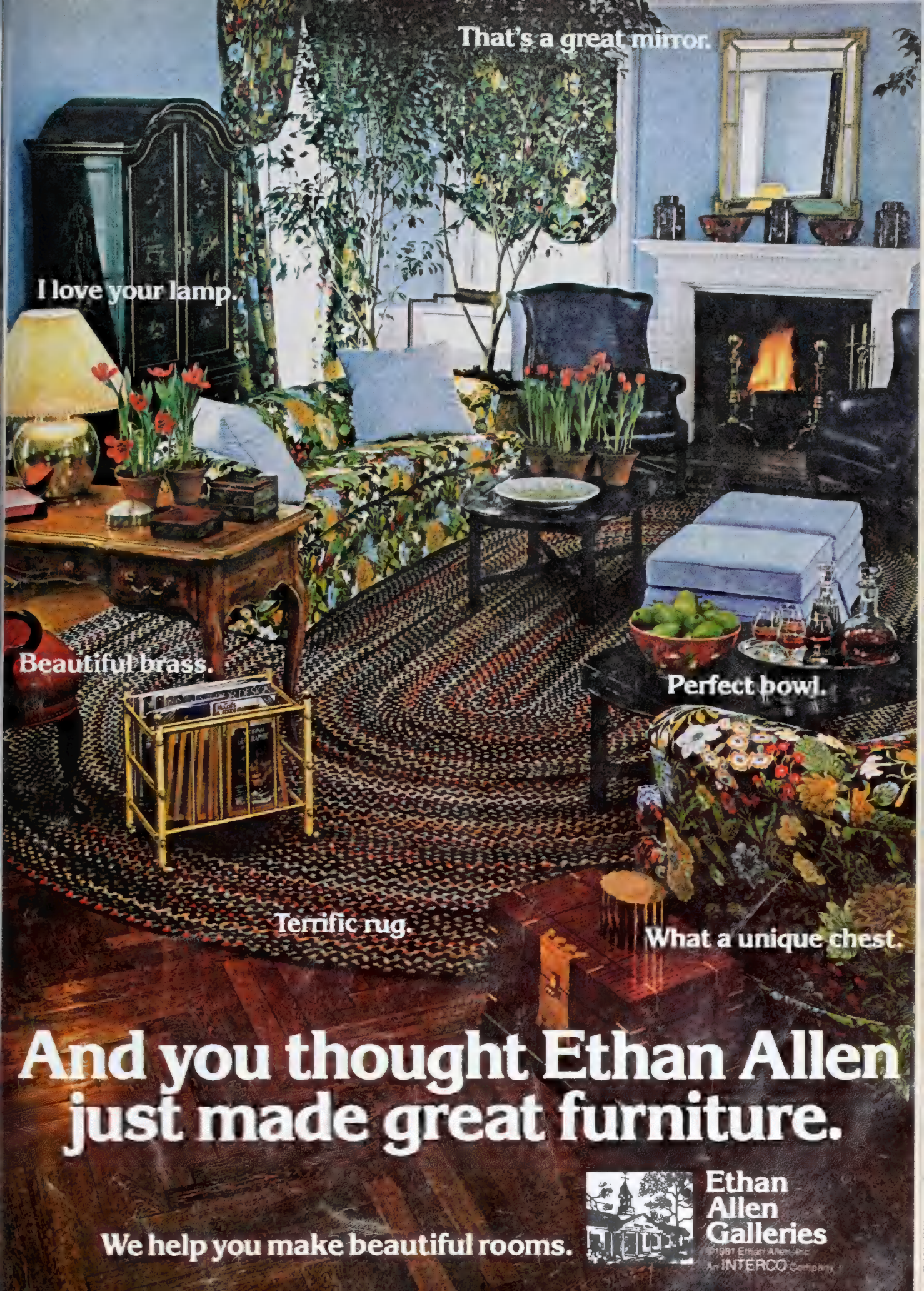
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SEASON YOUR SUMMER

continued

COLD FRUIT SOUP

2 cans (16 oz. each) purple plums in heavy syrup
½ cup finely chopped rhubarb
⅔ cup sugar
1 cup water
½ cup dry red wine
¼ teaspoon ground white pepper
Pinch of salt
½ teaspoon grated lemon peel
1 tablespoon lemon juice
1 cinnamon stick
½ cup whipping cream
1 tablespoon cornstarch
3 tablespoons brandy
1 cup sour cream

Drain plums (reserve syrup) and remove pits; chop plums into small pieces. Place in medium saucepan; add reserved syrup, rhubarb, sugar, water, wine, white pepper, salt, lemon peel, lemon juice and cinnamon stick. Bring to a boil. Reduce heat; simmer 15 minutes; add cream and simmer five minutes longer. Mix cornstarch with brandy until smooth; slowly stir into soup and continue to cook until slightly thickened; remove from heat.

Combine sour cream with 1 cup soup in bowl; mix thoroughly and slowly stir this mixture back into soup. Cool. Chill before serving. Serve in bowls or goblets, topping with a teaspoon of sour cream and a dusting of ground cinnamon.

Actually, my favorite summer recipes are usually in the form of liquid refreshment, but no two handwritten treatises can seem to agree on the correct prescription for a pitcher of frosty lemonade.

In the Deep South, the formula is "a sometime thing." Usually the cook below the Mason-Dixon line tends to largesse with three to five lemons to a pitcher of water, sugar to taste and mint leaves as a required regional garnish. In the White Mountain version, a mere single lemon is the spartan adjunct to 6 parts fresh water, plus 6 teaspoons sugar and some bark of a sassafras tree.

Then there's this summer notation, found in 12-year-old Mary Walker Talcott's unlined primer, dated 1915. "This is a great treat in our house," she writes. "Add as much corn bread to a glass of cold buttermilk as you can. Take sweet milk if you don't like things sour. I don't. Serve with a spoon."

Another summer cooler using the bread-as-sponge principle is "A Blackberry Seasoned Supper," dated 1875.

The recipe calls for 6 or 7 slices of white bread, well-buttered, to be placed in a round. One quart of crushed black berries, sweetened to taste, is poured over the bread and the mixture is weighted with a soup plate and put in a cool place for 24 hours until the bread absorbs all the juices. Then, the pudding is ready to be turned out of the mold and covered with heavy yellow cream. Enough said!

Hardly uncaloric, but it sounds like my blue heaven. **End**

THE JOYS OF FLYING— WITH *YOU* IN THE PILOT'S SEAT

Me—a licensed pilot? Believe it or not, it's hardly an unheard-of venture; today thousands of women are learning to fly—and discovering the fun and practicality of being in the pilot's seat. By Phyllis Funke



One long holiday weekend when I had planned to make a seven-hour trip, which included catching a once-a-day ferry, I got stuck at work with no chance of keeping to my schedule. But a friend with an airplane came to the rescue. Soon, I was winging above the huddled masses on the highways and, just one hour and 20 minutes after takeoff, I was at my destination—fresh, fit and free of timetables.

Shortly afterward, spurred on not only by its convenience, but also by a sense of curiosity and adventure, I kept a long-standing promise to myself. I began to learn to fly.

Although 95 percent of those Americans with pilots' licenses are men, I was not exactly breaking new ground. Almost 52,000 women already fly and, according to the General Aviation Manufacturers Association (the small plane-makers' umbrella organization), these ranks have been increasing steadily—with a rise of 27 percent in the last four years and over 75 percent in a little more than a decade.

Yet, when I, for the first time, inspected the two-seater "Cessna 152" in which I would train—I climbed to the wing with the grace of an elephant and touched the alien Pitot tube and oleo strut as if they were tarantulas—I wondered what I was getting into.

On paper, of course, it seemed clear. There would be a physical, a Federal Aviation Administration (FAA) written exam, an oral and in-flight check of maneuvers and procedures. Prior to "D-Day," I had to fly at least 40 hours, 20 of which had to be solo—that is, alone in the airplane—with ten devoted to flying "cross-country" from one point to another. And I had to be prepared to spend upward of $1,700, depending on where I flew—costs around big cities being higher than elsewhere—and the 50 to 55 required learning hours.

What was not spelled out was the extent of the intellectual, emotional and, yes, even physical investment demanded. Nowhere was I to find a hint of the depression and exhilaration, the frustration and satisfaction, the numbness and challenge that was to follow.

From the Yellow Pages, I chose the school at Flushing Executive Airpark (one of this country's 5,000 flight training centers and close to my New York City home). My instructor, an industrial test pilot, was a perfectionist; but I had confidence in him—a critical ingredient in the teacher/student relationship.

My first flight, into a sunset-copper sky, took me east over the Long Island Sound and back toward the Empire State Building and the moon. I loved the sensation of being in the third dimension and for every "what-am-I-doing-up-here" thought, there was an opposite "why-the-heck-not" retort.

From the first time I touched the controls, flying struck me as a rub-your-tummy-pat-your-head exercise. Push the throttle, pull the stick for takeoff; steer with the pedals, not the wheel-like yoke —and heaven help the would-be flyer who could not break the driving habit. It also would be awhile before I trusted the plane not to fall out of the sky.

The early flights were devoted to keeping the plane where I wanted *(continued)*

Illustration by Marcy Gold



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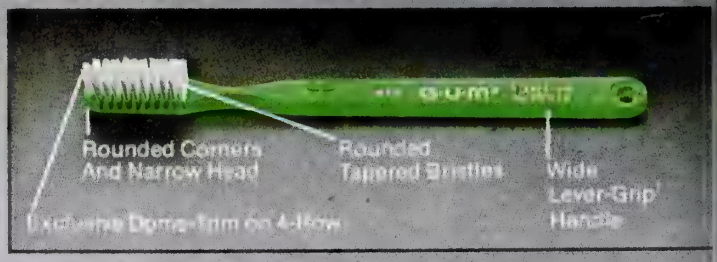
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it. Blink—and I'd climb 100 feet. Yawn—and I'd descend. Turns would feel like roller coaster rides. I learned to use as guides both the horizon and, donning a hood (the snout-like visor shielding my eyes), the cockpit instruments only.

Too slow, too high, too low

The moment I could steer on the ground, I began making takeoffs, enjoying the surge of power—mechanical and personal—when I gunned the throttle. Eventually, I began to try landings, usually finding myself approaching too fast, too slow, too high or too low, often with the wrong knobs pushed, the wrong levers pulled. When I despaired of *ever* getting down, my instructor would assure me, "We haven't left one up there yet."

There were, of course, many lovely moments. Aside from the thrill of bird's-eye sight-seeing—spotting old landmarks, determining new ones—the overall view of the terrain, especially as the seasons changed, inspired new appreciation for the land. And, when I felt completely in control of the airplane, it seemed as if we had been dancing in the sky.

Then came the day when my instructor announced that I was ready to solo; my moment of truth. Stepping out of the plane at the edge of the runway after a practice-flight-for-two, my instructor sent me off on my own.

At one point, the plane would not climb properly. Since I was at an airport without a control tower guiding traffic, I could consult no one. At first, as the plane struggled, drifting aimlessly, I mentally made my farewells. But then, realizing that only I could save myself, I glanced at the controls, saw my mistake, corrected it and was fine.

Until then, I had ignored book work. But to pass the written exam, and fly cross-country, I had to know, among other material, how to read aerial charts, plot courses, calculate fuel consumption en route, figure wind effects, use electronic navigational equipment and interpret weather forecasts.

Ideally, I should have been absorbing this information as I progressed, either from ground school or a self-study program. But since the former was inconvenient and the Cessna text, among others, was unreadable, I opted to take an Aviation Seminars weekend cram course—and scored 95 on the exam.

The cross-country flights brought a sense of purpose. At last, I was going somewhere. Playing a real-life "Follow-the-Dots" game, correlating checkpoints I'd fixed on the chart—lakes, road junctions and such—with what I saw on the ground, I flew to an aviation museum, a beach resort, an island in the Atlantic. It was thrilling to be up with the "big guys" and to be asked by friends if, once licensed, I would consider taking them island-hopping in the Caribbean.

My first solo cross-country was over a route I'd previously flown. The second, to Providence, Rhode Island, and Albany, New York, had me praying for the appearance of checkpoints—especially since I was returning home in the dark. But, to my amazement, I did find Flushing's runway. And made a landing, I was told, that "kissed the ground." My flying time was five-and-a-half hours; I'd been gone seven. I ached from tension and spent the whole next day in bed.

A couple of review flights led to my first bout with the in-flight test. Not sure enough of myself to defy the examiner, I was goaded into taking off despite unsafe conditions and, unnerved, received an incomplete. But another brushup, a switch of examiners and I was off again.

A long, silent ride

I navigated by instruments, recovered from simulated emergencies and performed several different types of landings and other maneuvers. Then I taxied back to my starting point. It was a long, silent ride. But suddenly, when I had cut the engine, the examiner reached over and shook my hand.

"Congratulations," he said. "You've got yourself a license." **End**



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COMMUNICATING WITH YOUR CAR

If the slightest car trouble renders you helpless, take heart. Any woman can learn basic survival mechanics. By Kay Cassill



Until recently, I had a problem shared by too many American women. Whenever I was near an automobile engine, I started to mumble. Was the jawbone connected to the carburetor, the crankshaft or the universal joint? I wasn't sure. But one thing I did know: As I approached the internal combustion engine, I simply couldn't express myself rationally in any way at all.

I couldn't tell the slipping of a piston from the snapping of a fan belt. I hadn't the least understanding of what happens under "the bonnet" and couldn't help if something went wrong. And that's a sorry state to be in. A grown woman shouldn't be so helpless, certainly not when she drives as much as I do. Yet, until recently, an embarrassing number of American women who drive automobiles have been forced to "communicate" with their cars through mechanics, because women don't understand the language.

Despite the prevailing wisdom that women and auto engines don't mix, like oil and water, 46 percent of the total number of drivers in this country are female. That's about 63,706,000 women drivers, while among the auto mechanics and repairers available, only a small fraction is female. The Motor Vehicle Manufacturers Association says the time is near when women drivers will surpass the number of men on the road.

More women also are buying cars as they enter the work force. One-third of the registered owners of foreign cars are women, and nearly a fourth of the domestic cars on the road are registered to females. And certainly women with domestic careers do a major portion of the family driving.

Statistics show that three times more men than women have auto accidents. Five times as many men as women have fatal ones. Therefore, a woman can be a superb driver and yet, when it comes to understanding the machine she's operating, be far less capable than a male driver.

This ignorance is not only uneconomical—it's plainly dangerous. With a minimum of basic training in repair or maintenance, any woman could handle, by herself, many of the minor car troubles that can easily occur at night or on those deserted roadways.

Back in the days when I was learning to drive, being female meant you were, by nature, perfectly dumb and helpless when it came to anything that chugged or kerplunked, and trying to teach you was an exercise in futility. But today training is becoming available. Under Title IX of the Education Amendment Act, the Department of Health, Education and Welfare will disqualify schools from federal funding unless all courses are open to both sexes. So, in schools across the country, girls are now able to study auto mechanics where previously such courses were offered only to boys.

"Women on Wheels"

Doors are opening for adult women, too. Courses in beginning auto mechanics already are listed throughout the country at high school and "Y" adult education programs, community colleges and some auto dealerships. "Women on Wheels," a national, four-week course offered by the Chrysler Corporation, acquaints women with the working parts of their cars, so they become better able to discuss their car problems with a professional mechanic. Participants also receive training in repair and replacement of minor parts. Information booklets are provided, as well as a tool kit with several screwdrivers, a crescent wrench and pliers. Check the local Chrysler dealer for information on when and where the course is being offered in your area.

Books can be extremely helpful in supplying knowledge from the primary to professional levels. *How to Get Your Car Repaired Without Getting Gypped: The Car Owner's Survival Manual* by Margaret Bresnahn Carlson with Ronald G. Shafer (Harper & Row, $10.95), and *What Every Woman Should Know About Her Car* by Dorothy Jackson (Chilton Book Co., $4.95) are both informative.

Don't be afraid to consult the experts—mechanics, repairers and dealers. Those I've talked to say that most basic repair or maintenance jobs can be done by anyone with the appropriate tools. Some of those tools, like screwdrivers, pliers and adjustable wrenches, are probably already around your garage. Others, like socket wrenches, spark plug sockets, fuse pullers and oil filter bands, can be easily and economically obtained and assembled.

The following jobs, I assure you, are not beyond your ability, if you have some basic expertise: changing the oil; replacing the oil, gas and air filters; replacing fuses, headlights, tail and back-up lights; minor lubrication and fluid checks, notably for power steering, automatic transmission and master brake cylinder; installing PCV valves; checking and replacing coolants and hoses; cleaning and filling the battery; checking the fan and other belts.

Also, a working knowledge of "shade tree mechanics" can help car owners intelligently discuss the problems with the mechanic when more complicated work is required. It saves time, money and frazzled nerves for all concerned.

Anthropomorphic attitudes have their place, and there is something to be said for talking to cars. But knowing what to say is more important, too. It's possible to yank out the wrong thing when really provoked by a stalled engine. And there is such a thing as "metal fatigue."

Knowing that a car is subject to stress, that all cars do not react alike, that they tend to respond to the way they are driven over a long period—these facts are extremely valuable when you're trying to communicate with your car. I learned, and I no longer mutter incoherently to the solenoid or the shocks. Today, if you catch *anyone* around our place kicking the tires in disgust, it's bound to be my husband. **End**

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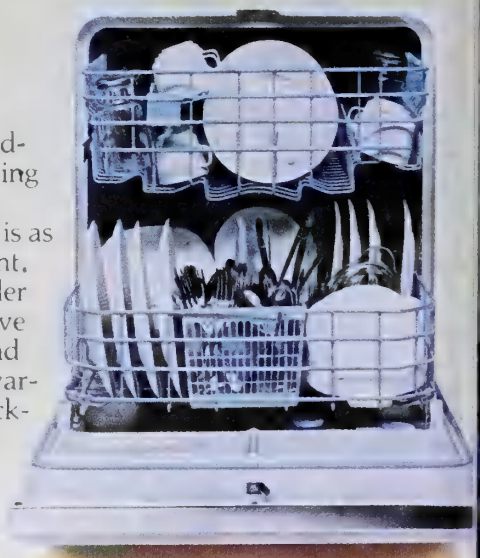


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Menstrual Problems

Lifting "The Curse" at Last

Cramps and other monthly ills are no longer being dismissed as "all-in-your-head." The distress, say doctors, is real—and treatable. Here's the latest news on how to find relief. By Jane E. Brody

Put away your hot water bottle. Modern medicine, after years of doing little to alleviate menstrual difficulties, has some answers for women who suffer from painful periods and associated symptoms. With scientific breakthroughs and a new view of menstruation, women are learning to cope with—and even conquer—what was once monthly misery.

For years, doctors routinely treated menstrual discomfort with a shrug of the shoulders and a patronizing prescription: "Grin and bear it." A woman's cyclical problems, said many physicians, were simply the product of a neurotic personality. Then in the last decade—inadvertently fueling this "all-in-your-mind" belief—some feminists flatly denied the existence of any periodic distress. Better to repudiate "The Curse," they reasoned, than to risk losing out in the job market.

Now, however, menstrual disorders are coming out of the closet. Doctors and women themselves are admitting that cyclical distress is indeed often organic (physical in origin) rather than functional (caused by emotional disorders)—and common. In this country, an estimated 70 percent of women between the ages of ten and 50 suffer every month in degrees ranging from inconvenient to intolerable.

Fortunately, now that we've admitted our problems should be attended to rather than denied, help is at hand. Recently, medical researchers have pioneered studies on menstruation and discovered drugs that can inhibit periodic pain. Several authors have also written books on battling menstrual discomfort and premenstrual tension, and the toxic shock scare has stimulated candid discussion and further study on the female reproductive cycle.

This new, closer scrutiny of menstruation has not only resulted in relief for the afflicted, however, but has also debunked many long-standing myths. Sex during the menstrual period, for instance, is no longer taboo. In fact, we now know that a woman's desire often peaks at that time of the month, and the use of a diaphragm to temporarily stem the flow permits around-the-month sexual pleasure for many couples.

The notion that exercise during menstruation is unhealthy or impossible is also dying as more and more women discover what female athletes and dancers have long known: Physical activity can actually help ease discomfort. Nor does a woman's period necessarily impair her athletic performance, as shown recently by an Olympic swimmer who broke a world record and won three gold medals during her period.

Similarly, menstruation need not adversely affect on-the-job performance in other areas. With increasing numbers of women proving themselves to be admirably capable in top career positions, men can no longer point to "menstrual rages" or "irrational behavior" as reasons to relegate females to less responsible posts. Indeed, a man has his own mood swings—and unlike a woman's, they're not predictable. A woman executive can actually plan to avoid scheduling a high-level meeting when she's premenstrual, but her male counterpart has no way of knowing when he's going to be unaccountably cranky.

The cycle demystified

So the fallacies are fading . . . and the experts are paying attention to your very legitimate complaints. But before we talk about the new discoveries, let's go through a quick refresher on exactly what menstruation is. For most women, the cycle lasts 20 to 36 days. During the first week, an egg is prepared for release from a follicle of an ovary. The follicle begins producing estrogen hormones which cause the lining of the uterus to start thickening.

About two weeks into the cycle, ovulation occurs: The follicle ruptures and the egg is released. About 12 days after ovulation, the follicle stops producing hormones and, unless the egg has been fertilized, the uterine lining stops developing. A few days later, the lining is shed as menstrual blood. Then the cycle begins again.

How does all this activity influence you? Well, sometime between ovulation and bleeding, the Premenstrual Syndrome (PMS) may set in. According to a report early this year in the *American Journal of Obstetrics and Gynecology,* approximately 70 to 90 percent of women suffer before their periods from one or more of a host of symptoms: painfully swollen breasts, abdominal bloating, depression or lethargy, headache, swollen hands and feet, constipation, acne, cravings for sweet and salty foods, and irritability as well as tension, anxiety and irrational mood swings. Twenty to 40 percent of women report some mental or physical incapacitation at this time.

While all these symptoms can be highly distressing, the emotional ones are the most notorious. For reasons she cannot explain, an otherwise controlled and happy woman might suddenly become weepy or depressed, short-tempered or hostile. One woman I know routinely flies into seemingly unprovoked rages on the day before her period. Once she threw a bottle of milk at her husband as her children watched in horror. Within hours of such episodes she begs her husband's forgiveness saying: "I'm getting my period, if that makes any difference."

Apparently, getting a period does indeed make a difference to plenty of women. Dr. Katherine Dalton, director of the Premenstrual Syndrome Clinic at London's University College Hospital and author of *Once a Month* (Hunter House, 1979, $5.95 paperback), reports that mental breakdowns, accidents, criminal acts, child-beating, marital discord and suicides among women all occur far more frequently during the four days before menstruation and the first four days of menstrual bleeding than at other times of the month.

Although the basic causes of PMS are still not understood, enough is known to help relieve the symptoms. Most importantly, the woman affected and the people *(continued)*

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Menstrual Problems

continued

around her should remember that premenstrual syndrome is a physiological—not psychosomatic or neurotic—phenomenon. Every month, chemical changes affect the brain, glands and organs, influencing mood, water retention, sugar metabolism and other functions.

To ease the ensuing behavioral changes, consider keeping a calendar of your cycle. Record when your period starts, when you think ovulation occurs and what premenstrual symptoms you experience. If your cycle is regular, the date of an expected period can be your clue to difficult days ahead. If you're not regular, the appearance of the first symptom can alert you. During your premenstrual week, try to get daily exercise—which is the best antidote to tension. If possible, plan your days so that stress will be minimal. Perhaps family members can make a special effort to help around the house. While creating an anxiety-free environment is probably impossible, the days before your period may be the time to pamper yourself by taking a short nap in the afternoon or luxuriating at night in a leisurely bath.

Some premenstrual symptoms can be alleviated with diet changes or medication. Swelling of the breasts and abdomen, weight gain and possibly headache, for example, result primarily from wa retention. The American Dietetic Asso ation recommends a regimen low in s and carbohydrates for a week to ten da before you expect your period, since be these nutrients increase the water held your body. Some women benefit fr taking a daily diuretic for five to ten da premenstrually. Dr. Penny W. Budoff family practitioner affiliated with t State University of New York at Sto Brook, has done careful studies of p menstrual disorders and recommend mild prescription diuretic called tria terene (sold under the trade na Dyrenium) rather than the more pote drugs used for persons with high blo pressure.

Studies by Dr. John Minton of Ol State University suggest that wom prone to painfully swollen breasts may helped by cutting out all drinks and foo that contain caffeine and related chem cals. These include coffee (regular a decaffeinated), tea, cola drinks and cho late. From preliminary observations, Budoff holds that permanently elimin ing such foods can also reduce headach irritability and anxiety.

Another menace is a premenstrual in blood sugar, which can produce he ache, irritability, fatigue and aggress feelings. To keep blood sugar up, frequent small meals that are high protein. Try to ignore the all-too-comm sweet craving before a period. Cand and cakes will only make matters wo So will alcohol, which is best consum in moderation only with meals—if at al premenstrually.

Throughout the years, many sure remedies for PMS have been propos but none have been scientifically verifi Among the most widely discussed but yet proven therapies are megadoses vitamin B-6 (100 to 600 milligrams a da a mood-influencing drug called Parlo dolomite, which is a source of calci and magnesium; and progesterone ministered by injection or as a vagi suppository. Women interested in try progesterone therapy can contact P Action, Inc., 1426 Ravenoaks Tr Oregon, Wisc. 53575 for information.

While oral contraceptives help so women, they aggravate premenstr symptoms for others. In general, the is not recommended for premenstrual ficulties unless its contraceptive effec also desired. Sometimes, a mild sedati such as Valium, may help curb anxi and irritability, though it may also crease lethargy, fatigue and depressio

What a pain

Many women who may or may suffer from premenstrual symptoms through another monthly ordeal: sev cramps, or dysmenorrhea. Painful peri afflict at least half of all menstruat women and incapacitate one woman ten for one or two days a (continu

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Menstrual Problems

continued

month. As if the labor-like lower abdominal cramps were not enough, women with dysmenorrhea may experience diarrhea, nausea, vomiting, backache, inner thigh pain, dizziness, hot flushes and chills.

There are two kinds of dysmenorrhea, primary and secondary. The latter is caused by some underlying abnormality that is usually correctable. Any woman with severe menstrual pain should be examined for these conditions. They include endometriosis, which is an abnormal growth of uterine tissue outside of the uterus that can cause infertility; pelvic infections; fibroids, or benign tumors in the uterus; and the use of an intrauterine device (IUD) for contraception. In a few rare cases, psychological factors, such as fear of menstruation, contribute to the periodic pain.

When menstrual cramps have no discernible cause, the diagnosis is primary dysmenorrhea. Recent evidence strongly suggests that natural, hormone-like chemicals called prostaglandins, which are released in the uterus, produce the pain. Women with primary dysmenorrhea commonly generate very large amounts of prostaglandins at the time of menstruation, notes Dr. W.Y. Chan of Cornell University Medical College. The effects of prostaglandins can account for virtually every symptom in the dysmenorrhea syndrome: They create contractions in the uterus and the gastrointestinal tract—resulting in cramps, diarrhea, nausea and vomiting—and they can cause blood vessels to dilate suddenly, leading to flushes, chills, dizziness and headaches.

Luckily, prostaglandins respond to several medications. Aspirin, a time-honored remedy for mild menstrual cramps, inhibits the release of the chemicals, as do oral contraceptives, which have helped many women with dysmenorrhea. Some drugs, such as ibuprofen (Motrin), naproxen sodium (Anaprox and Naprosyn) and mefenamic acid (Ponstel), interfere with the production and action of prostaglandins and all inhibit the pain of dysmenorrhea. According to Dr. Chan, studies have shown near-complete relief in 65 to 100 percent of women who take such a drug the first day of the menstrual period and continue for a day or two.

Stony Brook's Dr. Budoff, once a victim herself of incapacitating dysmenorrhea, was the first to demonstrate the effectiveness of the anti-prostaglandin drug Ponstel in a scientific study. To her, the findings have finally destroyed the myth that menstrual pain is a psychological disorder. In her book, *No More Menstrual Cramps and Other Good News* (Putnam, 1980, $11.95), Dr. Budoff chides the medical research establishment for failing to pursue sooner the decades-old discovery of prostaglandins' role in dysmenorrhea.

Side effects of the anti-prostaglandins, which should always be taken with milk or food, are infrequent and usually mild. They include constipation, nausea, itching and dizziness. The drugs, however, can be dangerous for women who have asthma or ulcers, and should not be used in such cases. Any woman who seems to have primary dysmenorrhea but is not helped by one of these drugs, says Dr. Budoff, should go to a physician for a more thorough examination.

On again, off again

Just as there's been progress in combating cramps and premenstrual symptoms, several recent developments have sparked discussion and research about other menstrual disorders. An important one is menstrual irregularities—infrequent periods or a complete halt of menstruation, called secondary amenorrhea.

With the push for physical fitness these days, some women have become extremely active, and they have developed erratic periods. Very athletic women who work out intensely, are underweight and have never been pregnant tend to be the most susceptible. Fashion models and other overzealous dieters also commonly cease menstruating. Since ovulation is infrequent or completely stops for these women, temporary infertility often results. Fortunately, the irregularities usually correct themselves when intensive training stops and some weight is gained.

Dr. Rose E. Frisch of the Center for Population Studies at Harvard School of Public Health believes the problem represents a built-in safety factor that evolved to protect against injudicious pregnancies. When a woman has too little fat to support a fetus and establish an adequate milk supply after the birth, her menstrual cycle "turns off," suggests Dr. Frisch, who is studying the condition among Radcliffe athletes.

A woman, however, should not avoid athletic participation, even during her periods, says Dr. Mona M. Shanghold, obstetrician-gynecologist at Albert Einstein College of Medicine. Dr. Shanghold maintains that there's no truth to recent claims that running or jogging can damage a woman's reproductive organs. On the contrary, exercise strengthens pelvic muscles and improves their ability to hold the uterus and other organs in place.

The other new development was the discovery last year of a rare but potentially fatal disorder, toxic shock syndrome, most prevalent among women who use tampons exclusively. The mysterious condition was soon linked to a common bacterium that can produce a potent toxin. Cases of toxic shock do occur among some women who don't wear tampons—and even occasionally among men.

The condition starts out with flu-like symptoms: a sudden fever of 102°F. or higher, vomiting or diarrhea, a rash that looks like a sunburn, dizziness or a sudden life-threatening drop in blood pressure, severe muscle aches, bloodshot eyes or a sore throat. Any woman who experiences such symptoms during a menstrual period should see her doctor immediately. Federal public health officials advise women to alternate tampons with sanitary napkins. Nighttime and days of light flow may be a good time to substitute napkins. The American College of Obstetricians and Gynecologists also recommends that until further information is available, women should avoid using superabsorbent tampons and should change tampons at least every six to eight hours.

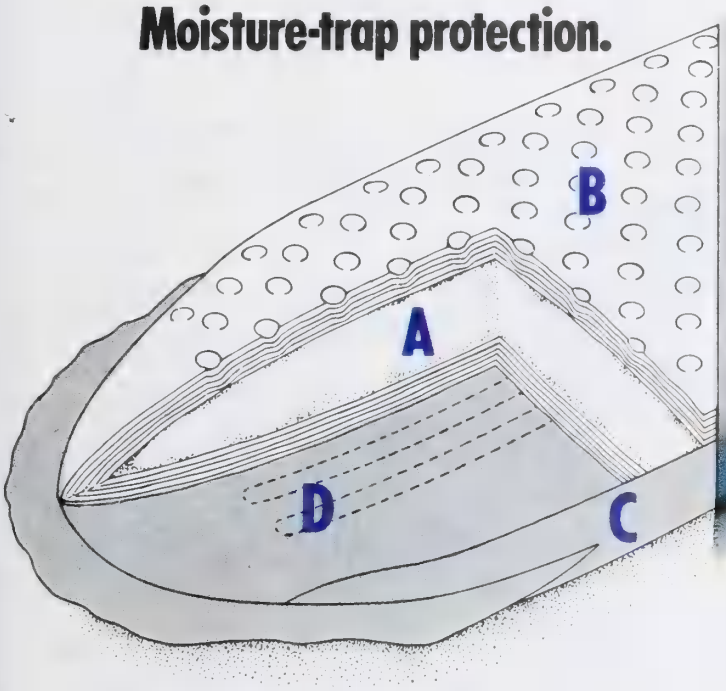
While more research on menstruation is needed, the advances in the last year or so have been monumental. Instead of just bed rest and aspirin, a women who suffers from menstrual disorders today has a variety of healing options. Most importantly, she also has a new image. No longer considered a neurotic or hypochondriac, she is known to have a very real ailment—for which there are, at last, very real remedies. **End**



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Some dogs (like some people) are born urbanites, while others thrive in spacious rural settings. Our expert helps you pick the pooch that fits your lifestyle.

By Roger Caras

City Dog, Country Dog



Because specific varieties of dogs are purposely bred to excel in certain areas—whether beauty, friendliness, courage, or hunting ability—they make ideal pets within their intended settings. Yet the same animals will be miserable, even dangerous, when reared in the wrong environment. To insure that your pup is as happy in your household as you are, here's a guide to the surroundings best suited to different dogs.

Is there such a thing as an urban breed? Yes, "city dogs" have several characteristics in common: They don't take up much room, require very little exercise besides the occasional bouncing ball, are not "high performance" animals (won't yearn for the opportunity to herd sheep or flush out birds) and are sociable enough not to be bothered by sidewalk throngs or house guests.

Ideal city dogs include all 17 *toys*, from the tiny Chihuahua and ever-popular Toy Poodle to the elegant Italian Greyhound and assertive Yorkshire Terrier. These companions make noisy watchdogs, too—small size hasn't deprived them of a sense of territory.

Eight of the 11 *non-sporting breeds*—including the Bulldog, playful Bichon Frise and child-loving Schipperke—also fare well in city settings. The larger size of the Chow Chow, Dalmatian and Standard Poodle, however, makes these last pets poor choices for a cramped apartment, though they can adapt to roomier city living spaces as long as they get plenty of exercise. Note that the Chow Chow and Lhasa Apso, affectionate with their owners and families, can be more aggressive to strangers than other dogs in the group; they require early socialization and obedience training.

Double-duty dogs. The "urban breeds" just listed fit easily into the suburban home as well. Also suitable for city or country are the 23 *terriers*, ranging from the big, lovable Airedale down to the cheerful little Cairn Terrier and Miniature Schnauzer. Especially active by nature, these pups tend to be more excitable than most other dogs so far discussed. In particular, the Skye and splendid Kerry Blue Terrier bear careful training, as they are not always eager to accept new friends, whether human or canine. Even the devoted Scottie is guarded in his approach to strangers, and the cute Bedlington Terrier, which resembles a little lamb, has a quick temper and must be taught who's in authority.

The American Staffordshire Terrier, Bull Terrier and Staffordshire Bull Terrier look so much like the vicious dogs used for bull- and bear-baiting in Victorian England that they've gained undeserved reputations for being ferocious. In fact, they're truly pleasant companions, although because a residue of their fighting instinct remains, they too must be watched around other animals.

Suburban Dogs. The remaining three groups—working dogs, sporting dogs and hounds—are larger breeds, in most cases better suited to country or suburb.

Hounds: While the modestly packaged Dachshund, Basenji, Whippet and Beagle cope well with life in the city, the other 17 dogs in this category, including the giant Bloodhound, Irish Wolfhound and Borzoi, are all born to crave open space, rough conditions and a great deal of exercise.

Sporting dogs: Active outdoor breeds such as the Golden and Labrador Retrievers, Irish Setter or Weimaraner shouldn't be deprived of the opportunity to run in the open. (Retrievers are happiest when fetching and carrying, as their name implies.) However, smaller sporting breeds, including the Cocker Spaniel and two Springer Spaniels, English and Welsh, are adaptable to restricted settings.

Working dogs: The Pembroke and Cardigan Corgis are fine house- or apartment-sized animals, but most other breeds in the group—including the tremendously popular Boxer, German Shepherd and Doberman Pinscher—need running space. In general, only people with previous dog-owning experience should consider acquiring a working dog. These fearless animals require obedience training and need a firm, loving master or mistress. This care-in-handling will be rewarded, however. The creatures of these breeds are agile, loyal and highly intelligent.

Enjoying a dog's companionship doesn't require a country estate. But for your prospective pet's sake and your own, consider a puppy's size, temperament and activity level before you take him home, so that you'll both be at ease in the living space you share. **End**

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Recipes from the Past



Garden fresh vegetables, with Woodlawn Plantation in the background, are clockwise from center front: Fresh Corn with Olives, Asparagus on Toast, Baby Beets in Sour Cream, Mrs. Dulles' Summer Squash, Carrot Ring, Cold Stuffed Tomatoes.

Note that the Chow [illegible] with their owners and families, can be more aggressive to strangers than other dogs in the group; they require early socialization and obedience training.

Double-duty dogs. The "urban breeds" just listed fit easily into the suburban home as well. Also suitable for city or country are the 23 *terriers*, ranging from the big, lovable Airedale down to the cheerful little Cairn Terrier and Miniature Schnauzer. Especially active by nature, these pups tend to be more excitable than most other dogs so far discussed. In particular, the Skye and splendid Kerry Blue Terrier bear careful training, as they are not always eager to accept new friends, whether human or canine. Even the devoted Scottie is guarded in his approach to strangers, and the cute popular Box[illegible] Pinscher—need [illegible] with previous dog-owning acquiring a working dog. Th[illegible] obedience training and need mistress. This care-in-handling however. The creatures of these and highly intelligent.

Enjoying a dog's companionsh[illegible] country estate. But for your pr[illegible] your own, consider a puppy's siz[illegible] activity level before you take him both be at ease in the living spac[illegible]

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Photographs by Nick Samardge

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ITALIAN STYLE POTATO SALAD

Combine 1 qt. chopped cooked potatoes, 1 cup celery slices, ½ cup each zucchini strips, chopped red pepper, KRAFT Reduced Calorie Creamy Italian Dressing, and ¼ cup green onion slices; mix lightly. Chill. Serve in lettuce-lined bowls.

COUNTRY FRENCH POTATO SALAD

Pour 1 8-oz. bottle KRAFT Reduced Calorie Italian Dressing over 2 cups chopped cooked potatoes, 1 cup cooked green beans and ½ cup pitted ripe olives. Cover; marinate in refrigerator 2 hours. Combine vegetables, 1 6½-oz. can tuna, drained, flaked and 1 qt. torn assorted greens. Toss lightly. Garnish with hard-cooked egg wedges.





Elegant desserts from the cookbook include clockwise from center front: Maids of Honor, Ginger Cakes, Strawberry Shortcake, Hypocrite Pie, Mrs. Hanes's Pound Cake, Queen of Puddings. Conferring in the Woodlawn dining room are Pinkey Matheson, left, and Adelaide Bolte.

display, featuring produce that might have been grown on the plantation's grounds, was set up under a giant oak tree with Woodlawn's front door beckoning in the background. Especially good—a dish we will prepare often when fresh, home-grown tomatoes are in season—were the Cold Stuffed Tomatoes. Firm, ripe tomatoes are hollowed out and the shells stuffed with a filling of tomato pulp, peas, dill and sour cream. Crisp bacon, chopped cashews and celery are added for crunch. Attractive, colorful and delicious.

For our dessert sampler, we elected to photograph inside, in Woodlawn's blissfully air-conditioned dining room (a welcome modern touch). Gorgeous collections of china, silver and crystal were at our disposal for props.

All historical recipes, these desserts enchanted us as much by their names and their history as their classic flavors. Hypocrite Pie is an old, old recipe, which got its name because it appears to be a custard pie. However, hidden beneath the custard is a layer of dried apples or peaches—cooked, puréed and sweetened. Surprise!

The recipe for Ginger Cakes, actually ginger cookies, came from George Washington's Mount Vernon, so it's assumed these very treats were enjoyed by the original inhabitants of Woodlawn.

A luncheon break gave us the opportunity to sample more recipes from the book, including A to Z Soup and Pecan Shortbread, which had photographer Nick Samardge stuffing his pockets full.

Photography was finished in time for associate food editor Jan Hazard and me to race to the Preservation Gift Shop to pick up some mementos for our kids and to revel all-too-briefly in the history of Woodlawn Plantation.

Built 1800-1805, Woodlawn was a gift of George Washington to his foster daughter, Nelly Custis, and to her fiancé, Major Lawrence Lewis (who also happened to be George Washington's nephew).

The plantation had five owners after the Lewises until 1948 when it was acquired by The National Trust for Historic Preservation. In 1965 Woodlawn elected to share its grounds by giving haven to the Pope-Leighey House, designed by Frank Lloyd Wright, which had been doomed by a highway project.

The cookbook, published by the Woodlawn Plantation/Pope-Leighey House Council, is divided into three sections: Woodlawn, restricted to foods available in Virginia in the early 1800s; Pope-Leighey, which contains more contemporary recipes; and a final section compiled by Nelly's Needlers, a volunteer group that does needlework projects for the benefit of Woodlawn.

Open daily except Thanksgiving, Christmas and New Year's Day, Woodlawn is 14 miles south of Washington, D.C. Special attractions include a Touch and Try Room for the young set, a conference center and annual needlework exhibit.

To order your copy of *The Woodlawn Plantation Cookbook*, see the coupon on page 54. A sampling of the book's recipes begins on the same page.—SUE B. HUFFMAN

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Fashions: André Van Pier

Recipes from the Past

continued from page 50

All pictured on pages 48 and 50

FRESH CORN WITH OLIVES

An unusual and delicious combination.

6 to 8 ears corn on-the-cob (3 cups cut)
¼ cup butter
1 medium onion, chopped
1 green pepper, diced
¼ cup sliced ripe olives
1 teaspoon salt
Freshly ground pepper
¼ cup minced parsley

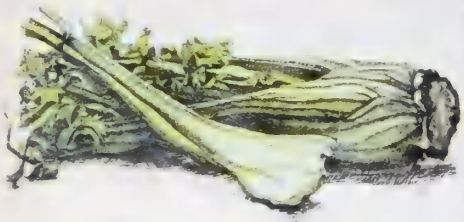
Cut corn from cobs and scrape pulp with side of knife. Melt butter in large skillet and sauté onion and green pepper. Add corn, pulp, olives, salt and pepper. Cook, stirring constantly, for 3 to 5 minutes, or until corn is cooked to your taste. Stir in parsley. Makes 6 servings, about 155 calories each.

ASPARAGUS ON TOAST

An old-fashioned treatment for fresh asparagus.

3 pounds fresh asparagus
¼ cup butter
½ teaspoon salt
White pepper
¼ cup heavy cream
6 slices firm white bread, toasted
¼ cup melted butter

Wash and trim asparagus. Slice on the diagonal between ¼ and ½ inch thick, 2 inches long. Melt butter in saucepan, add asparagus and toss until it is all coated. Cover and cook 3 to 4 minutes, or until just crisp-tender. Add salt and pepper to taste, add heavy cream and toss to heat through. Brush toast with melted butter and top with asparagus. Serve immediately. Makes 6 servings, about 245 calories each.



BABY BEETS IN SOUR CREAM

Use the tiniest, prettiest beets you can find.

2 to 3 dozen small beets
Sauce
½ cup sour cream
1 teaspoon prepared horseradish
1 teaspoon lemon juice
½ teaspoon salt
½ teaspoon pepper
Minced parsley or watercress, for garnish

Cut off tops and scrub beets with soft brush in cold water. In medium saucepan in 1 inch boiling water cook unpeeled beets until tender, about 20 to 30 minutes. Drain; run under cold water and remove skins. Cut into wedges, or leave whole if very small. Serve hot or cold with sour cream sauce. Garnish with parsley or watercress. Makes 6 servings, about 110 calories each.

Sauce: In small bowl combine all ingredients.

MRS. DULLES' SUMMER SQUASH

Guests always ask for seconds of this dish.

2 to 2½ pounds yellow squash, cut up
½ cup sour cream
¼ cup butter, melted
2 green onions, minced, including tops
Salt and white pepper
Buttered fresh bread crumbs
¼ cup grated Parmesan cheese (optional)

Cook squash in small amount of water until just tender, about 5 to 10 minutes. Drain. Mash slightly, then drain again. Combine with sour cream, butter, onions and salt and pepper to taste. Place in buttered 1-quart casserole, top generously with crumbs and cheese. Refrigerate. When ready to cook, preheat oven to 350°F. Bake until bubbly, about 25 minutes. Makes 6 servings, about 180 calories each.

CARROT RING

Fill center with buttered green peas for a colorful buffet dish.

2 cups grated raw carrots
2 cups fresh fine bread crumbs
½ cup chopped pecans or almonds
3 eggs, lightly beaten
1 cup milk
1 teaspoon salt
White pepper to taste
2 tablespoons minced onion
2 tablespoons salad oil
1 package (10 oz.) frozen peas, cooked
Carrot curl, for garnish

Grease a 6-cup ring mold. Preheat oven to 350°F. Mix all ingredients except peas and pour into ring mold. Set in pan of hot water and bake 40 minutes or until firm. Unmold onto serving platter and fill center with hot green peas. Makes 6 servings, about 265 calories each.

COLD STUFFED TOMATOES

An interesting combination of colors, tastes and textures.

6 medium firm, ripe tomatoes
¼ teaspoon salt
1 package (10 oz.) frozen baby peas, thawed
1 cup sour cream
¼ cup chopped green onions
1 cup chopped celery
Freshly ground pepper
1 tablespoon minced fresh dill or ½ teaspoon dried dill weed
6 slices bacon, crisply cooked
½ cup cashews, coarsely chopped (optional)

Cut stem end off tomatoes, discard seeds and scoop out pulp. Sprinkle insides of tomatoes with salt and turn upside down on paper towels for 10 minutes. Chop pulp and combine with well-drained peas and remaining ingredients. Dry insides of tomatoes and stuff with green pea mixture. Makes 6 servings, about 245 calories each.

MAIDS OF HONOR

These were very popular treats in early America.

Pastry for double-crust pie
2 eggs
½ cup sugar
½ cup almond paste
1 to 2 tablespoons sherry
2 tablespoons melted butter
1 tablespoon lemon juice
2 tablespoons flour
Strawberry or raspberry jam

Preheat oven to 350°F. Line 8 to 10 3½-inch-wide tart pans with pastry; place on baking sheet. Beat eggs until very light and fluffy; gradually beat in the sugar. Soften almond paste with sherry, butter and lemon juice. Add to batter. Stir in flour. Drop a teaspoonful of jam in each shell; pour on batter. Bake about 45 minutes or until puffed, golden and firm. Makes 8 to 10, about 405 calories per 8, 325 per 10.

GINGER CAKES

This recipe came from Mount Vernon, and these cakes were most likely eaten by the family at Woodlawn.

½ cup butter or margarine
¼ cup shortening
1⅓ cups sugar, divided
1 egg
¼ cup dark unsulphured molasses
1¾ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon ginger

Cream butter and shortening until soft and light; slowly cream in 1 cup sugar. Beat in egg and molasses. In medium bowl combine flour, soda and spices. Add to batter until well mixed. Dough will be soft. Chill briefly for easier handling.

Grease 2 large cookie sheets; set aside. Preheat oven to 375°F. Roll dough into 1-inch balls, then roll each ball in remaining ⅓ cup sugar. Place balls about 3 inches apart to allow for spreading. Bake 12 to 15 minutes. Cool on cookie sheets, then remove to wire rack *(continued)*

An attractive spiral-bound publication on buff stock, *The Woodlawn Plantation Cookbook* contains approximately 335 recipes on 260 pages. The book includes recipes adapted from early Virginia days when Nelly Custis Lewis lived at Woodlawn, as well as more contemporary dishes. To order your copy, send $9.25 (includes postage and handling to:
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to cool completely. These will soften in hot humid weather. Makes about 50, about 65 calories each.

STRAWBERRY SHORTCAKE

Make shortcakes only at the height of the season, when fruit is beautifully ripened.

Strawberries
- **2 pints strawberries**
- **2 to 3 tablespoons sugar**
- **1 tablespoon kirsch or rum**

Biscuits
- **3 cups all-purpose flour**
- **2 tablespoons double-acting baking powder**
- **2 tablespoons sugar**
- **1 teaspoon salt**
- **½ cup butter or margarine**
- **1 cup milk**
- **3 tablespoons melted butter or margarine**

Topping
- **1 cup heavy or whipping cream, sweetened with 1 tablespoon sugar and flavored with 1 tablespoon of the same liquor used on fruit**

Wash strawberries quickly and gently; drain. Remove hulls and pat dry. Slice or coarsely chop half the berries; keep the best ones whole. Sprinkle with sugar and liquor. Refrigerate until ready to use.

Biscuits: Preheat oven to 400°F. Combine flour, baking powder, sugar and salt in large bowl. Cut in butter or margarine until mixture resembles cornmeal. Add milk all at once and mix just long enough to form a soft dough. Knead for about 30 seconds on a floured board. Divide into thirds; pat each into 8-inch cake pan. (Or roll or press into a circle about ½ inch thick. Cut into six to eight 3-inch rounds and place on buttered baking sheet.) Brush with melted butter. Bake 20 to 25 minutes.

When ready to serve, place one large shortcake on serving plate and spread with some fruit and topping. Repeat; top with remaining shortcake. Garnish top with reserved large berries. Makes 6 to 8 servings, about 685 calories per 6, 515 calories per 8.

HYPOCRITE PIE

This is an old, old recipe, which got its name because it appears to be a custard pie. Dried fruits used to be used extensively, and are once again being used by many people.

1 package (8 oz.) dried apples or peaches
2½ cups water
3 or 4 tablespoons sugar
1 unbaked 9-inch pie shell
Custard
- **2 eggs, beaten**
- **¾ cup milk**
- **3 to 4 tablespoons sugar**
- **½ teaspoon vanilla extract**

Mint sprig for garnish (optional)

In medium saucepan cook dried fruit and water until fruit is tender, about 15 minutes. During last few minutes stir in sugar. Taste; add more if needed. Mash or purée.

Preheat oven to 425°F. Spread fruit in unbaked pastry shell. Combine custard ingredients and mix well. Pour over fruit. Bake 10 minutes, then reduce oven temperature to 350°F. and continue baking 40 minutes more, or until custard is set. Cool on wire rack before serving. Garnish with mint, if desired. Makes 8 servings, about 270 calories each.

MRS. HANES'S POUND CAKE

This is a close-textured, moist cake, which will keep a long time in the refrigerator, and freezes beautifully.

3 cups sugar
1 cup butter and ½ cup shortening, or 1½ cups margarine
5 eggs
3 cups all-purpose flour
½ teaspoon double-acting baking powder
1 cup milk
1 teaspoon vanilla extract
1 teaspoon grated lemon peel
Glaze
- **1 cup confectioners' sugar**
- **Enough lemon juice to make slightly liquid**

Grease and flour a 12-cup Bundt or 10-inch tube pan; set aside. In large mixer bowl cream sugar and butter and shortening or margarine. Add eggs, one at a time, beating well after each addition. Combine flour and baking powder. Add flour and milk alternately, beginning and ending with flour. Beat in vanilla and lemon peel. Spoon batter into prepared pan. Important: Place pan in *cold* oven and heat to 350°F. Bake 1 hour and 15 minutes or until toothpick inserted in center comes out clean. Avoid drafts when taking pan out of oven. Cool on wire rack for 10 minutes. Remove from pan and cool completely on wire rack. Frost with glaze. Makes 16 servings, about 390 calories each.

Glaze: In small bowl mix sugar and juice until smooth.

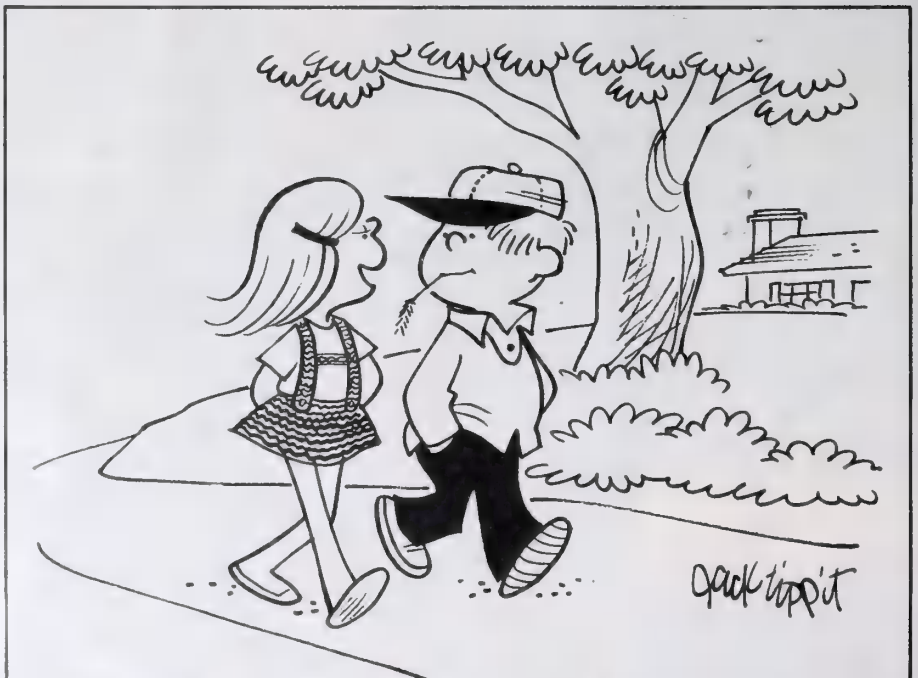
QUEEN OF PUDDINGS

A great way to use leftover rolls or biscuits.

2 cups fine stale bread crumbs (those from rich soft rolls or biscuits are best)
1 quart milk
4 egg yolks
1½ cups sugar
Juice and grated peel of 1 lemon
¼ cup melted butter
Topping
- **4 egg whites**
- **¼ teaspoon salt**
- **4 tablespoons sugar**
- **1 teaspoon almond or vanilla extract**
- **About 1 cup preserves (strawberry, raspberry, apricot or Damson plum)**

Preheat oven to 350°F. Soak bread crumbs in milk. Beat yolks until light and lemon colored; slowly beat in sugar. Add lemon juice and peel, then melted butter. Add to bread crumb mixture. Pour into well-buttered 1½-quart baking dish. Bake 30 to 40 minutes, until pudding is set and has the texture of baked custard. Remove from oven and reduce heat to 300°F.

Topping: Beat egg whites with salt until foamy. Very slowly beat in sugar. Add flavoring; beat 3 to 4 minutes. Spread a layer of preserves about ½ inch thick over pudding. Then lightly swirl on meringue. (Or spoon meringue into pastry bag with star tube and pipe on top.) Return to oven and bake 15 to 20 minutes, until meringue is set and lightly browned. Cool slowly on wire rack, then chill and serve. Makes 8 servings, about 480 calories each. **End**



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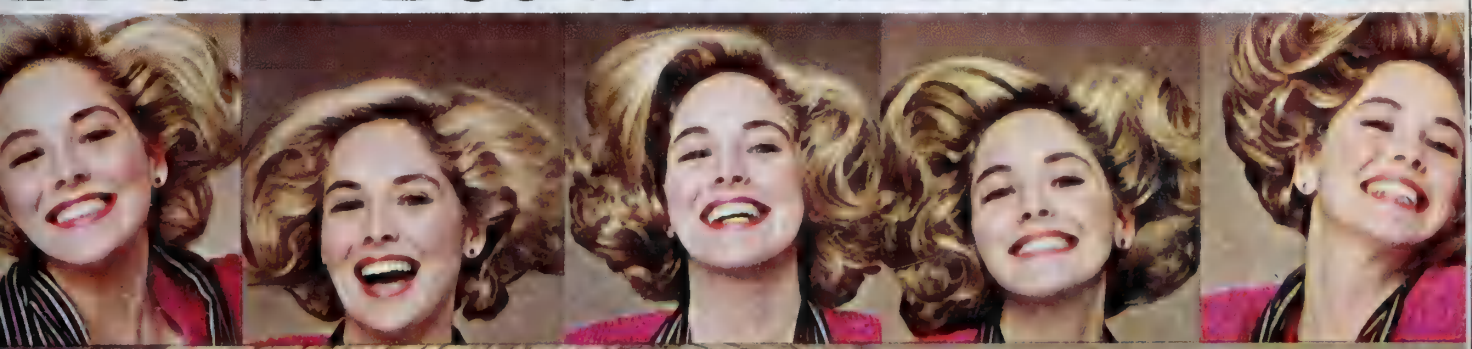
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By Geraldine Carro

What it Means When Children Tell Lies

Many youngsters have the urge to tell tall tales and, sometimes, outright lies. When does such behavior indicate a serious problem and how can you discourage dishonesty in your child? Here's some encouraging advice from the experts.

Koko the Gorilla, who has been taught sign language, has learned to lie—just as many children do. Once, for example, when she was around age five, her surrogate mother, Penny Patterson, found Koko eating her crayons, something she'd been warned repeatedly not to do. But there was Koko, caught in the act, munching pleasurably on her new (non-toxic) red. "*What* are you doing?" Penny asked impatiently. "I'm putting on lipstick," Koko answered innocently.

Like little gorillas (although "little" may not be quite the right word for 190-pound Koko), a lot of young children fib to cover their tracks. "It's pretty normal for preschoolers to lie occasionally," psychologist Charles Schaefer points out. While parents have every right to expect older children to "fess up," expecting a four year old, for example, to admit he knocked over a lamp is not always reasonable. "It's natural for a child this age to try to get out of trouble," says Dr. Schaefer, co-author of *How to Help Children with Common Problems* (Van Nostrand Reinhold, 1980).

In addition to outright lies, preschoolers, as most parents discover, are fond of telling tall tales, or at the very least, stretching the truth. This behavior can't really be labeled "dishonesty" in the adult sense of the word, says Dr. Schaefer. "The difference between reality and fantasy isn't all that clear to little kids," he explains.

He urges parents not to worry too much about these childish departures from fact. Harsh punishments are not really appropriate. For those preschoolers who are especially inclined to tell tall tales, he recommends a gentle dose of what he calls "reality feedback." When a three year old comes back from the zoo and tells you she swam with the seals, don't accuse her of lying. Instead, Dr. Schaefer says, you might say, "Well, that's a good story. Now let's talk about what *really* happened."

The experts do believe, however, that older children's lying should be treated as a very serious offense by parents. "By the age of seven or eight, children should be able to understand that lying is unacceptable and immoral," says psychiatrist Richard Gardner, author of *Understanding Children: Parents' Guide to Child Rearing* (Creative Therapeutics: Cresskill, N.J., 1980). He believes that children should be taught that lying is "up there," as he puts it, among the worst transgressions and is only less serious than stealing or causing someone physical harm.

Make it unequivocally clear to your child that you will not tolerate lying, the experts say emphatically. Explain that dishonesty disrupts relationships and makes it hard for people to trust one another. Both Drs. Gardner and Schaefer also concur on how *not* to teach your child such a lesson. Don't promise your child that you will eliminate punishment altogether if he agrees to tell you the truth about his wrongdoing. "That's like sanctioning the lie in the first place," says Dr. Gardner.

In a situation where you suspect your youngster is lying to you, one way to encourage him to confess is agreeing to lessen (but not eliminate) his punishment as a reward for leveling with you. On the other hand, if you have concrete evidence that your child is lying to you and he refuses to tell the truth, experts say an effective technique is to punish both the wrongdoing and the lie told to cover it up. For example, you might dock the child one day's worth of television viewing for his misdeed and then a second day's viewing—or even two more, to emphasize your point—for having lied.

When lying becomes a problem

Parents should not be alarmed when their children occasionally lie. "It's normal for kids to lie sometimes," says Dr. Gardner. But chronic lying should be considered a serious problem. Usually there's a pattern to the kinds of stories a lying child tells. The lies provide a clue to the child's emotional difficulties.

- *Cover-up lies*. The youngster who constantly tells cover-up lies—who tells his mother someone has stolen his notebook when he actually lost it—is usually a child who can't tolerate others knowing his deficiencies.

In some cases the parents themselves actually encourage lying in their youngsters by being excessively harsh and strict with them. When parents create undue fear in the children by overreacting to even minor infractions, it's understandable that children start protecting themselves by lying.

- *Ego-boosting lies*. Some lie about accomplishments to impress parents and especially their peers. They report that they got an "A" on a test when they, *(continued)*

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in fact, received a lower grade. These children are trying to compensate for a sense of inadequacy they feel vis-à-vis their peers. They may need more attention and praise from their parents.

● *Vicious lies.* Psychologists are particularly troubled by youngsters who constantly tell hostile lies, ones intended to get other children in trouble—the I-didn't-do-it, he-did-it variety of lie. These children are attempting to manipulate and take advantage of others and generally suffer from poor self-esteem.

Children who are chronic liars need extra help, says Dr. Gardner. Simply punishing them for dishonesty isn't enough because the underlying problems that cause this behavior still remain. The child who tells cover-up lies will still have a hard time taking responsibility for his actions. The youngster who lies to impress other children will continue to feel inadequate with his classmates.

When children lie constantly, there's invariably a problem in the basic relationship between the child and the parents. This is the reason Dr. Gardner feels that youngsters who fall into this category should be referred to a mental health professional for an evaluation, and later, if the situation warrants, for treatment.

Are we setting a good example?

While lying can be a sign of deep emotional problems, sometimes the reason children are dishonest is a lot simpler: They lie because they're copying their parents. "It's difficult to teach kids not to lie when we're into deception and telling fibs ourselves," says Dr. Schaefer. He's also concerned about the examples of dishonesty children see in society at large. "How can we teach honesty when our kids hear about ABSCAM on TV?"

Can lying ever be condoned? "Parents' lies should be few and far between," says Dr. Gardner. And if your youngster does hear you tell a lie, be sure to explain your reasons for doing so. The only lies he sees as permissible are "little white lies" intended to spare someone's feelings. "You're obliged to say a person's new baby is cute, even if she isn't," he says. "You can explain to children that sometimes it's cruel *not* to lie."

Permission to tell an occasional white lie isn't harmful, especially if parents keep up a stiff stand against lying in general. Eventually, children begin to feel guilty when they're dishonest, which usually keeps lying to a minimum.

Even Koko, by the way, seems to have learned her lesson. Between the ages of five and seven she lied fairly often, Penny Patterson reports. Today, at age nine, she rarely lies. "I guess," says Penny, "she realized we were on to her." **End**

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Makes 4 servings.

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Glorious Orchid Houseplants

For long-lasting flowers in extravagant colors, the new orchids can't be topped. By Virginia F. and George A. Elbert

Orchids have long had the reputation of being difficult, expensive houseplants, beyond the reach of mere mortals. Now, all that has changed. Plant specialists have given us one of the finest of all orchids at a price we can afford—$12-$15 per plant, in bud—that takes to houseplant culture like a breeze. The orchid is called Phalaenopsis, or Phal for short, and it's one of the most beautiful orchids we know. Take it from two people who have suffered: once you're hooked on Phals, there's no known cure for the mania.

Phal flowers all have five petals and range in size from 1 1/2 to 3 inches across. Colors are white, white with a colored lip, violet, pink or yellow. Modern Phals also may be candy-striped or red-dotted. Younger plants send up one stalk that may bear flowers, while older plants *(continued)*



Shown here: Three examples of the beautiful Phal orchids. Flowers last up to seven weeks.

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of the other two. In buying, at least one of the three names must be well known for its breeding qualities. Here is a list of such names (by color), supplied by Mayfair Orchids. If you follow it you cannot go wrong.

Whites: Doris, Fairway Park, Princess Grace, Ramona, Juanita, Gladys Read, Alice Gloria, Wilma Hughes, Elinor Shaffer, Sonja and Grace Palm.

White with a Colored Lip: Any of the above names plus Ann Hatter, Mad Hatter and Painted Princess.

Pink: Zada and various names ending in Wells—Ruby Well, for instance.

Peppermint Stripes: Ruby Lips, Career Girl, Pin-Up Girl, Show Girl, Chorus Girl, Ella Freed.

Yellow: Doris, Juanita, Gertrude Beard, Miami Maid.

Violet: Doris, Juanita, Palm Beach, Zada, Fairway Park, Grace Palm.

Doritaenopsis: Red Coral, Mme. Clarence Schubert, Susan Ann Schubert, Jason Beard.

How to select plants

Select plants that are at least in their first flowering so that you will know just what you're getting. The leaves will be about four inches long. It is also advisable to buy the plants in their pots rather than bare root. Orchids are traditionally potted in chips made of Douglas fir bark, rather than the usual houseplant soils.

Place the plant in an east, south or west window where it will not receive direct sun for long (that would burn its leaves), but where it will have bright light for as many hours each day as possible. The best position is midway between the sides of the window and 12 to 18 inches back. Once a week in winter and twice a week in summer, take the pot to a sink and run water through the bark chips for a full minute. Once a month use a watering can containing diluted high-nitrate-formula fertilizer, such as 30-10-10. If the pot is kept in a

Glorious Orchid Houseplants

continued

may have from one to four stalks all blooming at the same time.

Flowers last from five to seven weeks each and the blooming period of a single stalk extends for three or four months. If the stalk puts out side branches plants have been known to flower for as long as nine months. No other windowsill plants can match the Phals in this respect. Buds are usually set in September and October, which means that you can have bloom right through the winter and on into spring and part of summer.

Many Phals take up considerable space, with their large, broad, leathery leaves over a foot long. Smaller but just as satisfactory is a cross of the genus Dorita and Phal, called Doritaenopsis. These orchids produce an even greater number of blooms at one time and in many different shades and markings.

Choosing the right Phals or Doritas is your first step. Roger and Terry Williams, who grow and sell orchids at their Mayfair Nursery in Oyster Bay, N.Y., point out that orchids are the most variable of plants. Nurserymen price them according to quality, which means it's the smart buyer who pays a dollar or two more for the better plants. This is as true for the beginning grower as it is for the expert who hopes to win blue ribbons in flower shows.

There are two good rules to follow. Always buy from a nursery that has a reputation for growing fine orchids. Secondly, choose plants that have a good bloodline. In orchid catalogs and on labels there should always be three names such as: "Cast Iron Monarch (Doris x Louise Georgiana)." That means that Cast Iron Monarch is the result of the mating



saucer, be careful not to allow water to accumulate in it. *Never, never water the leaves*, as moisture collecting in the joints is the principal cause of rot. You will have to be careful, as the broad leaves lie close to the surface of the pot.

Because Phals like high humidity, we find that placing the pot in a saucer over a bed of wet pebbles is helpful. But do not mist, as some experts recommend. There is too much risk of getting water in the leaf joints.

Encouraging bud formation

In September and October a night temperature of 58° to 65°F. encourages bud formation. Leaving the window open should take care of that. But beware of allowing the thermometer to go below 55°F., for the flowers will be smaller and budding may cease entirely. On the other hand, a period of days with a temperature of 75°F. or higher will delay matters. Phals like good ventilation. An open window is fine for most of the warm season, but a small fan may be necessary when the temperature climbs over 85°F., especially if there is not much of a drop at night. An ideal day temperature from mid-winter on is 72-75°F.

When the flowering stalk has stopped blooming never cut it off entirely. Just remove the first node at the tip. Usually one or more side branches will grow out from the main stalk. A coolish period will start the budding process. When these are finished, cut the tip in the same way. On a vigorous plant these measures will extend the flowering period for most of the year.

Phals need repotting in fresh bark when the bark has broken down and you can poke your finger deep into it. Fir bark comes in chip sizes from ¼" to ¾", the smallest for first-bloom plants and the largest for fully mature ones in six-inch pots and up.

Knock the plant out of its pot and shake off all the old bark. Cut off any aerial roots where they are attached to the pot and cut out any thin, dry, dead roots. Pick a plastic azalea pot that fits the roots and measure out a pot-full of bark. (Some experts recommend over-potting; the Williamses do not.) Soak the bark overnight in water.

Take a length of fairly stiff wire, make a flat coil with half of it and set it in the bottom of the new pot with the other half standing up straight. Put in a layer of soaked bark over the bottom. Hold the plant with one hand and place it in the pot just below the rim and shake moist bark into the pot over the roots. Fold in some of the lower aerial roots. Tie the short stem of the Phal onto the upright end of the wire to hold it steady. With a beveled piece of dowel, lever the bark inward from the outside wall of the pot toward the center.

Do not try tamping the bark down on the roots, as this will cause damage. Packing need not be hard as plants want a lot of air around the roots.

Phals can be attacked by all the usual insects except white fly, but the few leaves and the flat, leathery surfaces are easy to clean. Just take the plant to the sink and wash it off thoroughly in lukewarm water with a little mild detergent. For safety's sake repeat the process two or three times at intervals of a week. After the bath always dry out the surfaces of the leaves and soak up any water in the joints with a piece of paper toweling.

The chances are that you will have no trouble at all with your Phal. And, when the buds on the spike open and the flowers look like colorful angels suspended in space, you will have a greater thrill than you can experience with any other plant. **End**



WHERE TO BUY PLANTS

The following nurseries can be depended on for highest quality Phals and Doritaenopsis plants.

Jones & Scully, 2200 N.W. 33 Avenue, Miami, Fla. 33142

Mayfair Orchids, P.O.B. 627, Oyster Bay, N.Y. 11771

Oak Hill Gardens, P.O. Box 25, Binnie Road, Dundee, Ill. 60118

Rod McLellan Co., 1450 El Camino Real, South San Francisco, Calif. 94080

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Your kids don't have to hate each other. Our psychiatrist offers time-tested tips on fostering brotherly—and sisterly—love at home.

By Theodore Isaac Rubin, M.D.

Straight Talk About Sibling Rivalry

I've heard the theory that sibling rivalry is instinctive, inevitable, even desirable, in that it prepares children for survival in a competitive society . . . and I disagree. In my psychoanalytic practice, I've observed that hostility between brothers and sisters is most often engendered by parents, ususally unwittingly, and that far from preparing children to deal effectively with life's struggles, these stressful experiences rob them of the solidarity and camaraderie that lay the groundwork for later adjustment. A youngster from a warring family develops a sense of powerlessness and isolation. Then, as he grows up, he's likely to feel the same distrust he's learned at home toward all those with whom he comes in contact, including colleagues, friends and, eventually, his own spouse and children. Insecurity, cynicism and paranoia surely are not constructive attitudes for coping with the world, no matter how competitive it may be.

Naturally, most parents don't promote rivalry on purpose. They may never have resolved sibling battles left over from their own childhoods, and fostering competition among offspring is just a repetition of familiar behavior. Others may be expressing buried resentment against sons or daughters who show traits that parents are unwilling to face in themselves. Often, such troubled adults require professional counseling to help them break free of these insidious patterns.

Building accord

Even the most harmonious families can't avoid occasional spats, of course; there's bound to be some friction whenever people live together. Still, concerned mothers and fathers can take action to minimize ongoing competition at home . . . beginning before the second child is born. The eldest needn't be made to feel he's giving up a privileged position. Wise parents will explain they've decided to have another infant partly because the first child has been so much fun; place the tot's hand on Mother's tummy so he can feel the unborn infant move; have him help pick out names; warn him the new brother or sister will cry often and that he can assist Mom and Dad in caring for the little one's needs . . . thereby assuring the child that his role in the family will be more significant than ever. Most important, once baby is brought home, grown-ups should make every attempt to shower all youngsters in the household with as much attention as is bestowed on the new arrival.

Don't despair if your family hasn't prepared for successive births in exactly this way; a cooperative spirit can be nurtured among children of any age. Helping sons and daughters to identify and develop their unique talents and insights, without treating any youngster's gift as more worthy than another's, contributes to a strong sense of self-esteem among family members. Naturally, to pretend your tone-deaf daughter is as musically talented as your budding violinist would be foolish and ineffective, but you can reinforce the former for her drawing ability, way with animals, knack for telling a story. Encourage your children to build each other up as well, a practice that will become more and more natural to them as they enjoy generous emotional support from parents.

Since sharing Mommy and Daddy is tremendously difficult for a child no matter how much bolstering he receives, try every now and then to schedule "private time"—an hour or two during which each youngster has you all to himself. Holding frequent dinners *en famille*, when children are allowed turns to talk without being interrupted, is another way to assure them that their thoughts and opinions matter.

Coping with the conflicts

On occasions when offspring misbehave, keep in mind that shaming a youngster with the example of a more dutiful sibling will only lead to resentment. Instead, treat his grades or manners as a separate issue from those of a brother or sister, and together attempt to come up with alternative behavior that is acceptable to you both. Teach quarreling children about cooperation by acting as a mediator; let the disputants present their complaints and help guide them toward constructive compromise. What points can each one concede with least distress?

As you strive to apply "teamwork" techniques to your family, recognize that it's only human to have changing emotions. Your offspring will pass through stages when they're rebellious, difficult to like; at times you may feel you care more about one child than another. Don't blame yourself for not being in constant control of your inner responses. Love is flexible, and to react in exactly the same way toward every youngster, unique as each one is, would be impossible. Just don't let such normal, transient feelings cause you to "play favorites" in your actions.

By freely expressing affection to your sons and daughters and encouraging them to develop mutual respect and love, you'll equip them with self-confidence to tackle life's battles with faith that they can be resolved. Yet your children aren't the only ones who benefit. As a parent, you too gain a tremendous source of support and joy, and that's worth fighting for! **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. His most recent book is "Reconciliations: Inner Peace in an Age of Anxiety" (The Viking Press). If you have questions you would like Dr. Rubin to answer in this column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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A Private Talk with Nancy Reagan



In the White House library, Nancy Reagan greets Charlotte Curtis, an editor of *The New York Times* and chief of its Op-Ed Page.

An attempt has been made on her husband's life. Does Nancy Reagan wish he had never become President? One of America's leading journalists talks with the First Lady before—and after—the horrifying ordeal.

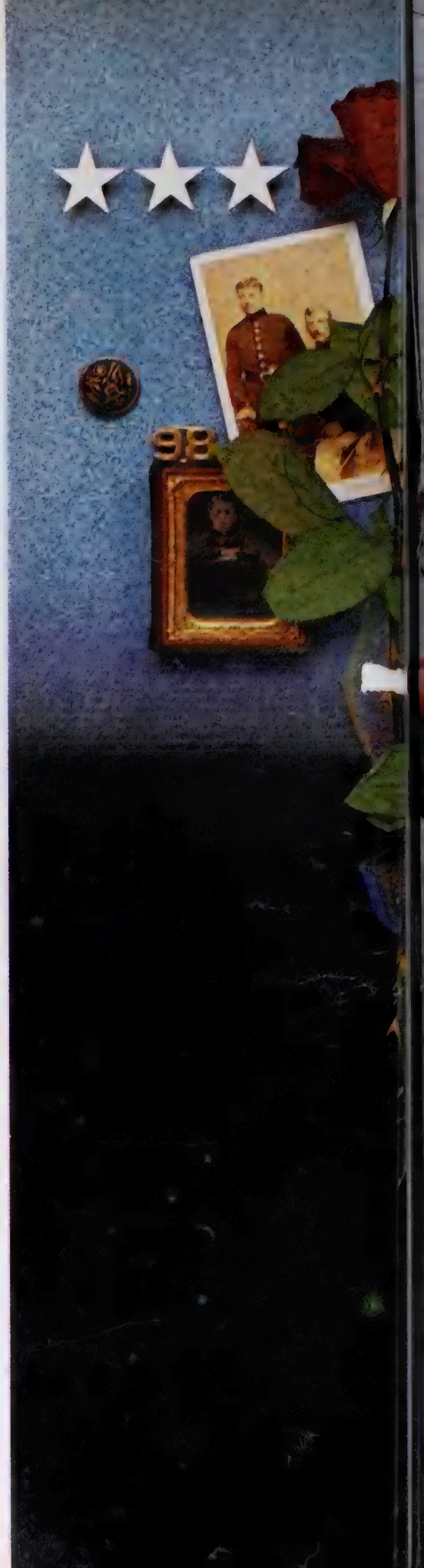
By Charlotte Curtis

I had interviewed Nancy Reagan, in Washington, one cheerless, cold, rainy February day. The interview was set in type when the assassination attempt of March 30 took place. With typical cooperative grace, the First Lady answered the questions I submitted to her exactly a week after President Reagan had been shot—while he was still in the hospital, his temperature going up and down, and still on antibiotics. Friends confided that Nancy was having difficulty sleeping, was eating little and more worried than her smiles outside the hospital seemed to indicate. One friend said she had lost weight. Another said that although Nancy had never said so, she was sure she was frightened about having to go through the next four years, but that perhaps this would go away. . . . Nancy's own words about those difficult and traumatic days make the earlier interview even more meaningful and poignant.

Journal: *What was your strongest support during those first hours after your husband was shot?*

Mrs. Reagan: When I arrived at the hospital, I didn't know my husband had been hurt. I was told that others had been hurt but he had not. It wasn't until Mike Deaver [White House Deputy Chief of Staff] met me at the door, told me Ronnie had been hit but would be all right, and was in the emergency room that I knew he had been shot. I kept saying I wanted to see him and wanted to go to him. Mike told me I would have to wait just a little bit, but I kept asking why I had to wait if my husband was all right. When they let me in to see him, he lifted the oxygen mask off his face and said, "Honey, I forgot to duck." In a way that was reassuring, although the color of his face and the amount of blood that I then realized he had lost was not reassuring. That, I suppose, is when your faith comes *(continued on page 131)*

In the 1940s, at his home, Rowan Oak, in Oxford, Mississippi, William Faulkner told ghost stories to the children in his family. One of those children, Faulkner's niece, Dean Faulkner Wells, has recounted some of these stories in her collection, The Ghosts of Rowan Oak. *Though we know Faulkner as a Nobel Prize-winning author, the children of Rowan Oak called him "Pappy," and knew him as the teller of tales that were tragic, sorrowful, funny and that would sometimes scare you to death.* Judith, *presented here, is such a story—haunting and heartbreaking.*



When Colonel Robert Sheegog, who was a wealthy Irishman, came here to Oxford in 1844, the town was small. South of the courthouse were beautiful acres of wooded land that had been owned by a Chickasaw Indian named E-Ah-Nah-Yea. Sheegog bought this land and hired an English architect, a man named William Turner, to build a house for him.

First, the land had to be cleared. Slaves worked for weeks felling the big oaks and cottonwoods and sycamores, burning out the stumps and clearing away blackberry and honeysuckle thickets. Then the slaves built a clay kiln and began to make bricks of straw and clay for the foundation.

Slowly the structure took shape. The house looked then very much the way it does now—two stories high, in the colonial style, with the parlors on either side of the entrance hall—but the kitchen was located in a separate building behind the house. There were four bedrooms upstairs, just as there are now. These same four wooden columns supported the Grecian roof that shelters the small balcony. The windows upstairs and downstairs were shuttered, and a brick walk led to the front door. There were always the enormous magnolia trees along the driveway in front of the house.

By 1848 the Sheegog family had settled into the house. A daughter was born that year, and Robert Sheegog named her Judith. She was the most important person in his life. He would not leave the house in the mornings until he had watched her nurse feed her breakfast, and he returned to the big house early so that he could spend an hour or so with her, sitting quietly, watching as she *(continued on page 102)*

Dean Faulkner Wells. From THE GHOSTS OF ROWAN OAK: William Faulkner's Ghost Stories for Children, published by Yoknapatawpha Press. Illustrations by Tom Rookwalter.



Bedrooms are not just for sleeping. They are the very core of your home, a haven where you can not only rest, but also dress or read or write a letter in privacy. Strongest reason for the latest trend: the return of the bigger bedroom. *Left:* Sleek shades of serene gray, freedom from clutter, give this room a sophisticated look. It's also full of money-saving ideas: Platforms are a do-it-yourself project; the headboard can be cut at a lumber yard, covered with carpeting. A string of Christmas lights behind the board adds sparkle. Hidden under the mattress are a frame and box spring to assure a good night's sleep. *Inset:* Separate dressing room holds cabinetry from an unfinished furniture store. Gray paint and expensive hardware give a custom look. A needlepoint rug lends visual excitement to the calm environment. To order plans for making the platform bed, see page 111.

Photographs by Frank Kolleogy For shopping information see page 126.


Sleep in Style







Country collector's dream, *above*. This bedroom is a glorious display of Americana. The predominant red, white and blue theme was lovingly put together from a collection of antiques: Classic quilts (red schoolhouse and basket patterns) combine with a shiny brass bed, three-legged table and charming corner cabinet. Naive oil painting of a pair of hefty pigs adds a touch of whimsy. A stenciled bright border surrounds the ceiling. *Inset*, right: The sitting nook, set apart by a high cathedral peak, has custom-made wooden shutters covering the graceful arched window. A scattering of inexpensive patchwork pillows perks up the blue calico cushioned bench.



The most wonderful bedroom expresses your inner personality and offers a sense of comfort. This romantic hideaway, *left*, captures the aura of a light and airy summer place, refreshing wherever you live. Basically, a handywoman's dream, the walls were covered with wisteria-bordered sheets (stapled on). The smaller-patterned part of the sheets was stretched across the ceiling and the larger flowery trim used to make extra bed pillows. Double bamboo molding circles the ceiling, also serves as a chair rail around the room. Natural sisal flooring and easy wicker furniture complete the breezy tropical look. *Inset:* More sheeting fabric serves as curtains at the entrance of the study nook. A glass-topped desk keeps the cranny from looking overly crowded. Within, there's a nubby wheaten armchair; also a cozy banquette, a perfect spot for curling up and reading. Inexpensive straw shades gently filter the sun's rays. With lots of leafy green plants and flowers mixed with an abundance of cheerful prints, indoors has the same fresh-air feeling as outdoors. For how-to instructions, see page 111.

Photographs, at left by Bruce Wolf; above by Frank Kolleogy. Sheets by Angelo Donghia for Utica by J.P. Stevens. Furniture by Walters Wicker Wonderland. Room designed by Stanley Hura, Chuck Giordano.

Great Bathing Suits

(That Keep a Secret)

A bevy of one-piecers suited for every shape (thick or thin) . . . to show off your summer body . . . better than ever.

Nobody's perfect! In real life, bodies come with bumps and bulges: too much here or too little there. But nothing makes this more obvious than when you strip down to wear a swimsuit. Worry not. We've put together 10 great suits that play up your good points and play down your flaws . . . plus some general pointers on ways to flatter your figure best. By Maureen Lynch, Director of Beauty and Fashion.

More pounds than perfect. Tired of your old solid black suit? Switch to bright colors and prints. This one has a tropical floral panel up the center, creating a longer look. Surprisingly, tighter fitting suits often give you a better shape than dowdy "dressmaker" styles. Avoid: simple body suits (no lining, no bra). #1: print suit by Mainstream Swimsuits, Antron/Lycra, 8-14, $27.

Chunky thighs for your size? Idea here is to find a suit that stops above the problem spot—rather than one that calls attention by cutting across it. This thigh-high design elongates and slenderizes the leg, brings your eye up, up and away. Stay away from binding shorts. #2: jewel-color suit by Cole of California, nylon/spandex, 6-14, $33.



Small on top? Add fullness. The flutter of ruffles here puts the bustline in proportion to the rest of your body. Strong horizontal stripes or shirring (for shape without padding) will also do the trick. Steer clear of molded cups (too phony) or tight bandeaux (flattening). #3: hot-red maillot by Oscar de la Renta Swimwear for Wavelengths, Antron/Lycra, 6-16, $55.

Long, tall Sally. If most of your height falls between shoulder and thigh, make sure suit isn't too short (doesn't ride up). Break up your torso line with a deep-V front, high peaks on the legs. Horizontal stripes or bikinis are other good choices. No-no: vertical stripes. #4: black bodysuit by Giorgio Sant' Angelo for Sinclair, cotton/polyester/Lycra, 6-14, $45.

The typical pear shape (small bust/wide hips). Something like the petal detailing here emphasizes the bosom line, and the high sides narrow down the legs and hips. Note how the two colors create a flattering break. Nice alternatives: plunging-V maillot or bikini in separate sizes (lingerie depts.). #5: bandeau suit by Ariel for Haye Design, Antron/Lycra, 6-12, $60.



A waist that needs whittling? To nip that problem, create an optical illusion with sweeps of diagonal stripes. In fact, any obvious pattern or color that hones in on the waistline is good. Also look for suits with side cutouts. Too boxy looking: solid maillots with no accents, horizontal stripes, teeny bikinis. #6: plum suit with piping by Rose Marie Reid Swimwear, Antron/Lycra, 8-16, $32.

Clever way to tighten the tummy. A suit with center shirring acts as a control, also camouflages a roly-poly middle. For more holding power, find suits with extra control panels or soft blousons. Avoid totally smooth front maillots, reveal-all bikinis. #7: racy-red suit by Christian Dior Swimwear, Antron/Lycra, 6-16, $46.

Commonly called "top heavy." Perfect solutions for a full-bosomed figure: diagonal patterns and a one-shoulder cut. Just be sure the suit comes high enough under the arms for support. More support systems: a surplice wrap top, crisscross back or wide straps. Deep plunges or tiny bikinis are too risky or revealing. #8: making waves suit by Dunkers Swimwear of N.Y., Antron/Lycra, 5-13, $28.



Ye olde hour-glass figure (full bosom/wide hips). Diagonal striping plays tricks with the eyes, visually balancing all parts of body. Check for good support for the bosom. Generally unflattering are straight-across tops, modified bikinis, frills or flimsy cutout sides. #9: tri-color suit by Monika Tilley for Elon, Antron/Lycra, 6-14, $55.

Body beautiful—a "10." With no obvious flaws to cover, go for broke. Show off in this season's striking new suits . . . from cutouts to maillots to barely there bikinis in bold geometrics, animal prints or stark black/whites. #10: Sheena-of-the-jungle look in a va-voom diaper cut by Diva Fashions Ltd., nylon/spandex, 6-16, $60.



More fool-the-eye tricks for every body shape. Notice that all 10 suits here are one-piece. This style is outselling bikinis now 5-to-1—with good reason. The smooth line looks sleeker, newer. If you need extra control, check labels for a higher percentage of firming spandex (up to 22%). Sexy bareness comes from plunging V-necks, cutouts and sky-high sides. Before you buy, view yourself in a 3-way mirror . . . walking, bending, sitting . . . to see how you will look when in action.

Photographs by Richard Blinkoff; hair and makeup by Jac Colello and Bruce Clyde Keller.

Bright & Light Desserts

only 50 calories!



by Irwin Horowitz



Impossible, you say, to have something luscious and delicious for a sc
With a wedge of apple pie at 450 calories, a butter pecan ice cream cone at 170, a
of fruit yogurt over 100, how can a dieter satisfy a sweet tooth . . . yet keep on slimming?
You'll find the unbelievable (but true!) answers right here: clockwise from far left:
• Strawberry Banana Buttermilk Freeze (50 calories) • Rosé Ruby (50) • Blueberry
Mousse (50) • Cocoa Coconut Kiss (25) with kiwi (20) • Frozen Cappucino (50)
• Floating Cloud with melon and berry purée (50) • Rum Peach Sherbet (45).
Recipes for these bright/light
treats plus an intriguing
smoky tea sorbet,
page 96.

SUMMER PASTA

Newest on the Salad Scene

Go beyond the old picnic staple—macaroni with mayo—to the best new salad ideas in years: *main dish pastas*. Highly imaginative, making use of summer's bounty and a wide variety of pastas (tubes, spirals) from family fare to very fancy. By Sue B. Huffman, Food Editor.

Left to right: • Tropical Macaroni Curry, chunks of chicken, freshened with melon, grapes, tomatoes, baby shells. • Beef with Horseradish, cubes of roast beef, egg noodles, center of shoestring beets. All recipes, plus our pasta variation of chef's salad and more, page 94.



Photograph by
Gordon S. Smith

SUMMER PASTA

continued

TROPICAL MACARONI CURRY
pictured on page 92

A refreshing summer salad that features a delicious curry/chutney-flavored yogurt dressing.

1⅓ cups (6 oz.) ditalini or elbow macaroni
1 tablespoon salad oil
Dressing
1 tablespoon salad oil
½ cup chopped onion
2 teaspoons curry powder
½ cup plain yogurt
½ cup mayonnaise
3 tablespoons chutney
¾ teaspoon salt
2 cups cooked chicken, cubed
1½ cups seedless grapes
1½ cups cubed cantaloupe
¾ cup sliced celery
½ cantaloupe, peeled and sliced for garnish

Cook macaroni according to package directions; drain. Rinse again with cold water; drain well. In large bowl toss with oil. Cover and chill.

Dressing: Heat oil in small saucepan. Add onion and sauté until transparent. Add curry powder and cook 2 minutes. Transfer onion to food processor or blender container. Add remaining dressing ingredients; process or blend until smooth.

To macaroni, add chicken, grapes, cubed cantaloupe, celery and dressing; toss until well mixed. Cover and chill 2 to 3 hours. To serve, spoon onto platter. Garnish with cantaloupe slices. Makes 4 to 6 servings, 565 calories per 4, 375 calories per 6.

PASTA TONNATO
pictured on page 92

Vitello Tonnato is one of our favorite summer dishes. Here we serve the tuna sauce over pasta instead of veal (much easier on the budget).

4 cups (12 oz.) corkscrew macaroni
1 tablespoon salad oil
3 cups broccoli flowerets
Sauce
1 can (6½ or 7 oz.) tuna packed in oil
2 or 3 anchovy fillets
1 cup mayonnaise
2 tablespoons capers, drained
1½ to 2 tablespoons lemon juice

Cook macaroni according to package directions; drain. Rinse with cold water; drain well. In large bowl toss with oil, cover and chill.

Blanch broccoli flowerets in boiling water 4 minutes or until tender-crisp. Rinse in cold water; drain. Cover, chill.

In food processor or blender, combine sauce ingredients. Process or blend until smooth.

In large bowl toss macaroni and sauce until well mixed. Garnish with broccoli. Cover and refrigerate until ready to serve, at least 2 hours. Makes 6 servings, about 600 calories each.

CRAB LUIGI
pictured on page 93

A pasta variation of Crab Louis. This may also be served in tomato or avocado.

2 cups (8 oz.) small shell macaroni
1 tablespoon salad oil
Dressing
1 cup mayonnaise
⅓ cup chili sauce
¼ cup sour cream
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce
½ teaspoon salt
4 hard-cooked eggs
⅓ cup diced celery
⅓ cup diced green pepper
¼ cup sliced green onions
1 package (6 oz.) frozen crabmeat, thawed and shredded
2 tomatoes, cut in wedges for garnish
½ avocado, sliced for garnish

Cook macaroni according to package directions; drain. Rinse with cold water; drain well. In large bowl toss with oil. Cover and chill.

Dressing: In small bowl combine dressing ingredients; mix well.

Chop 2 whole eggs and 2 egg whites; set aside remaining 2 yolks for garnish. Add chopped eggs, celery, green pepper, green onions, crab and dressing to macaroni. Toss until well combined. Cover and chill at least 3 hours before serving. To serve, arrange on large platter. Garnish with sieved egg yolk, tomatoes and avocado. Makes 6 servings, about 590 calories each.

BEEF 'N HORSERADISH SALAD
pictured on page 93

A grand way to use leftover roast beef.

4 cups (8 oz.) medium egg noodles
1 tablespoon salad oil
Dressing
1 cup sour cream
½ cup milk
2 to 4 tablespoons prepared horseradish
1¼ teaspoons salt
⅛ teaspoon freshly ground black pepper
1 pound cooked roast beef, cubed
¼ cup sliced green onions
1 can (16 oz.) shoestring-cut beets, chilled and drained

Cook noodles according to package directions; drain. Rinse with cold water; drain well. Toss with oil. Cover and chill.

Dressing: In small bowl combine dressing ingredients.

Add beef and green onions to noodles. Toss in the dressing and mix until well combined. Cover and chill.

To serve, arrange noodles on platter. Fill center with beets. Serve immediately. Makes 4 to 6 servings, 680 calories per 4, 455 calories per 6.

CHEF'S PASTA

A crunchy chef's salad with spinach noodles and a vinaigrette dressing.

4 cups (8 oz.) medium spinach egg noodles (preferably fresh)
1 tablespoon salad oil
2 cups green beans, cut in 1-inch pieces
Dressing
5 tablespoons wine vinegar
1 teaspoon Italian herbs, crushed
¼ cup salad oil
¼ cup olive oil
2 garlic cloves, crushed
1 teaspoon Dijon mustard
½ teaspoon salt
¼ teaspoon sugar
⅛ teaspoon black pepper
¼ pound salami, cut into strips
¼ pound provolone cheese, cut into strips
¼ cup sliced red onion
2 cups shredded iceberg lettuce

Cook noodles according to package directions; drain. Rinse with cold water; drain well. In large bowl toss with oil. Cover and chill.

Blanch green beans in boiling water for 5 minutes or until tender-crisp. Drain. Rinse in cold water. Drain again.

Dressing: In jar with tight-fitting lid combine vinegar and herbs. Let stand 10 minutes. Add remaining dressing ingredients; cover and shake until well mixed.

Combine beans, salami, cheese and onion with noodles. Pour on dressing and toss until combined. Cover and chill at least 2 to 4 hours before serving. Just before serving, add lettuce and toss. Makes 4 to 6 servings, 810 calories per 4, 545 calories per 6.

(continued)



"It's the only designer scarecrow in the country."



1980, 1981 Kraft, Inc.

SUMMER PASTA

continued

PASTA SCANDINAVIA

It's worth seeking out the fresh dill to make the dressing—it makes quite a difference.

4 cups (12 oz.) medium shell macaroni
1 tablespoon salad oil
Dressing
1 cup sour cream
⅓ cup milk
¼ cup chopped fresh dill or 1 teaspoon dried dill weed
1 tablespoon lemon juice
1 teaspoon salt
1 teaspoon Dijon mustard
⅛ teaspoon pepper
1 can (7¾ oz.) salmon, drained and flaked
¼ cup chopped green onions
4 hard-cooked eggs, quartered

Cook macaroni according to package directions; drain. Rinse in cold water; drain well. In large bowl toss with oil. Cover and chill.

Dressing: In small bowl combine dressing ingredients; mix until well blended.

Add salmon, green onions and dressing to macaroni; toss until well mixed. Cover and chill at least 2 hours before serving. Garnish with hard-cooked eggs. Makes 4 to 6 servings, 650 calories per 4, 435 calories per 6.

TORTELLINI SALAD

Tortellini (which means "belly button") are small, round, meat-filled pasta. If you don't have access to a fresh pasta shop, look for them in the frozen food section of your supermarket.

1 pound fresh or frozen tortellini
1 tablespoon salad oil
½ cup diced, cooked ham
⅓ cup sliced bottled roasted red peppers (about 2)
Dressing
⅓ cup salad oil
⅓ cup olive oil
⅓ cup white wine vinegar
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh dill or ¾ teaspoon dried dill weed
1 teaspoon dried basil
1 teaspoon Dijon mustard
2 tablespoons grated Parmesan cheese

Cook tortellini according to package directions; drain. (Or, cook in boiling water for 7 minutes. Drain.) Rinse with cold water; drain well. In large bowl toss with salad oil. Add ham and roasted peppers.

Dressing: In small bowl combine dressing ingredients; mix until well blended. Pour dressing over salad and toss. Cover and chill several hours or overnight. Toss again before serving. Makes 4 servings, about 755 calories each.

PASTA NAPOLI

A terrific Italian-style entrée with tuna, zucchini, mozzarella cheese and olives.

Dressing
¼ cup plus 1 tablespoon olive oil
1 garlic clove, crushed
¼ teaspoon red pepper flakes
½ teaspoon basil
¼ teaspoon oregano
1 strip lemon peel, about 3 inches
1 can (16 oz.) whole tomatoes, undrained
3 tablespoons wine vinegar
¼ cup chopped parsley
1 teaspoon salt
2 cups (8 oz.) ditalini or elbow macaroni
1 tablespoon salad oil
2 cups thinly sliced zucchini
1 can (7 oz.) Italian-style tuna, drained
4 ounces mozzarella cheese, cut in 1x¼-inch strips
½ cup pitted ripe olives

Dressing: In small saucepan heat 1 tablespoon oil over medium heat. Add garlic and red pepper flakes; cook 1 minute. Add basil, oregano, lemon peel and tomatoes and their juice. Bring to a boil and simmer 30 minutes. Mash any large pieces of tomato with a fork. Remove lemon peel and add remaining ¼ cup oil and remaining dressing ingredients.

Meanwhile, cook macaroni according to package directions; drain. Rinse with cold water; drain well. In large bowl toss with oil. Cover and chill.

Blanch zucchini in boiling water for 1 minute or until tender-crisp. Rinse in cold water; drain. Add dressing, zucchini and remaining ingredients to macaroni; toss until well coated. Refrigerate 2 to 4 hours or overnight. Makes 4 to 6 servings, 665 calories per 4, 445 per 6.

NOODLES ORIENTALE

A chicken salad with crunchies and a spicy peanut butter dressing.

4 cups (8 oz.) fine egg noodles
1 tablespoon salad oil
Sauce
⅓ cup warm water
¼ cup creamy peanut butter
2 garlic cloves, crushed
¼ cup soy sauce
¼ cup salad oil
2 tablespoons wine vinegar
4 teaspoons sugar
1 teaspoon salt
½ teaspoon ground red pepper
2 cups diced cooked chicken
½ pound fresh bean sprouts (2½ cups)
1 cucumber, peeled, seeded and cut into julienne strips
½ cup slivered or shredded radishes
¼ cup sliced green onions

Cook noodles according to package directions; drain. Rinse in cold water; drain well. In large bowl toss with oil. Cover and chill.

Sauce: Mix water and peanut butter in small bowl until smooth. Add remaining sauce ingredients and mix well.

To Serve: Add chicken and bean sprouts to noodles. Add dressing and toss. Garnish with cucumber, radishes and green onions. Makes 4 to 6 servings, 690 calories per 4, 460 calories per 6. **End**

Bright & Light Desserts

continued from page 91

STRAWBERRY BANANA BUTTERMILK FREEZE
pictured on page 90

Only four ingredients in this tangy treat.

1 pint strawberries, stems removed
1 medium ripe banana, cut up
2 tablespoons calorie-reduced strawberry jam
1½ cups buttermilk

Reserve 4 whole berries for garnish. Purée remaining strawberries and banana in blender or food processor. Add jam and buttermilk; mix until blended. Pour into ice cream freezer and freeze according to manufacturer's instructions. (Or pour into metal pan. Freeze about 2 hours or until firm around the edges. Pour into large mixer bowl and beat on medium-high speed until light and fluffy. Return to pan. Freeze 1 to 2 hours more. Beat again.) Serve or spoon into container; cover and freeze. Garnish with sliced strawberries. Makes 1 quart, or 8 servings, about 50 calories each.

ROSÉ RUBIES
pictured on page 90

A glistening, shimmering dessert that's as easy as it is tasty.

2 cups rosé wine
1 cinnamon stick, about 2½ inches long
2 packages unflavored gelatin
2 tablespoons sugar
1½ cups water

In saucepan combine wine and cinnamon stick. Simmer 15 minutes. Remove from heat and discard cinnamon stick.

In medium bowl combine gelatin and sugar. Pour in the hot wine and stir until gelatin is completely dissolved. Add water. Pour into 12x8-inch baking dish and chill until set. To serve, cut into ½-inch cubes. Makes 8 servings, about 50 calories each.

BLUEBERRY MOUSSE
pictured on page 91

A freezer mousse that is best if allowed to stand 10 to 15 minutes before serving.

1 cup blueberries, fresh or frozen without sugar
⅓ cup water
3 tablespoons sugar
1 tablespoon lemon juice
1 tablespoon kirsch
2 egg whites, at room temperature

In small saucepan heat blueberries, water and sugar; simmer 10 minutes. Add lemon juice and kirsch. Pour into blender or food processor and purée. Return to saucepan.

In large mixer bowl beat egg whites until stiff but not dry. Meanwhile, reheat puréed blueberry mixture to boiling. Continue beating egg whites while adding hot blueberry mixture in a thin stream. Continue beating at medium speed several minutes until mixture is cool. Spoon into 6-cup serving or soufflé dish or 6 individual soufflé *(continued)*



Salmon Love Boats

...from KRAFT Real Mayonnaise and California Avocados.

Avocados, the love-food from California, make the perfect vessel for this delicate salmon salad. Top with a dill sauce made rich and creamy with KRAFT Real Mayonnaise and you have a great catch for a special luncheon or light supper.

SALMON LOVE BOATS

1 7¾ oz. can salmon, drained, flaked
1 tablespoon chopped onion
2 teaspoons chopped chives
1 hard-cooked egg

▪ ▪ ▪

2 California Avocados, halved and pitted

▪ ▪ ▪

Dill Sauce

Combine salmon, onion, chives and chopped egg white. Place avocados on individual lettuce-covered plates. Fill with salmon mixture. Top with Dill Sauce; garnish with sieved egg yolk.

DILL SAUCE

½ cup KRAFT Real Mayonnaise
¼ teaspoon dill weed

Combine ingredients; mix well.

4 servings

Variation: Substitute one 6½ oz. can tuna for salmon.



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dishes. Cover and freeze at least 2 hours. Let stand at room temperature for 10 minutes before serving. Makes 6 servings, about 50 calories each.

Ed. Note: To prepare a collar for individual soufflés: Quarter a piece of waxed paper long enough to fit around ½-cup soufflé dish; secure with tape. Repeat with 5 remaining dishes.

COCOA COCONUT KISSES
pictured on page 91

Crunchy kisses—a bargain at only 25 calories each.

3 egg whites, at room temperature
½ teaspoon cream of tartar
Pinch of salt
1 cup sugar
3 tablespoons cocoa, sieved
¼ teaspoon vanilla extract
½ cup flaked coconut, toasted and cooled
Kiwi fruit (optional)

Preheat oven to 275°F. Line 2 large cookie sheets with foil; set aside.

In large mixer bowl beat egg whites until frothy. Add cream of tartar and salt. Gradually beat in sugar until stiff peaks form. Gently fold in cocoa and vanilla. Fold in coconut. Drop by rounded measuring tablespoonfuls onto cookie sheets about ½ inch apart. Bake 1 hour. Let cool on sheets; peel from foil. Makes 3 dozen cookies, about 25 calories each. If desired, serve with ½ sliced kiwi, about 20 calories per half.

FLOATING CLOUDS
pictured on page 91

This dessert is nouvelle cuisine at its most stunning.

1½ cups cubed cantaloupe (1 medium melon)
1½ teaspoons lemon juice, divided
1½ cups fresh raspberries or strawberries
3 tablespoons sugar, divided
2 egg whites, at room temperature
½ teaspoon vanilla extract
Fresh mint, for garnish

In blender or food processor purée cubed cantaloupe with ½ teaspoon lemon juice. Pour into covered container. Purée berries with 1 teaspoon lemon juice and ½ tablespoon sugar until smooth. Pour into separate covered container and refrigerate up to 24 hours; stir both mixtures before using.

In large mixer bowl beat egg whites until soft peaks form. Gradually add remaining 2½ tablespoons sugar and vanilla; continue beating until sugar is dissolved.

In skillet heat 1 inch water to simmer. Drop meringue one heaping tablespoon at a time into simmering water. Cook gently for 20 seconds, turning only once. Remove with slotted spoon and let drain and cool on paper towels. Repeat with remaining meringue. Cover and chill up to 4 hours.

To serve, spoon 2 tablespoons each of cantaloupe purée and berry purée onto a flat dish, being careful not to mix the 2 fruits. Top with a meringue. Garnish with fresh mint, if desired. Makes 8 servings, about 50 calories each.

FROZEN CAPPUCINO
pictured on page 91

A sophisticated dessert for the sophisticated weight watcher.

2 cups water
6 tablespoons sugar
2 tablespoons instant espresso coffee
1 tablespoon brandy
½ cup evaporated skimmed milk

In small saucepan combine water and sugar. Bring to a boil, reduce heat and simmer 5 minutes. Remove from heat; stir in espresso and brandy. Add milk. Place in ice cream freezer ontainer and freeze according to manufacturer's directions or until light and fluffy. (Or pour into 9-inch square metal pan. Freeze 1½ to 2 hours or until firm around the edges. Pour into large mixer bowl and beat on medium-high speed until light and fluffy. Return to pan. Freeze 1 hour. Beat again.) Serve immediately. Makes 1 quart, or 8 servings, about 50 calories each.

RUM PEACH SHERBET
pictured on page 90

Yes, you can use liquor in diet desserts. The key is a small amount to help round out the flavor.

1 can (16 oz.) peaches packed in water
Water
1 teaspoon lemon juice
2 tablespoons honey
1 envelope unflavored gelatin
1 tablespoon dark rum
⅛ teaspoon almond extract
Lemon or lime peel, for garnish

Drain peach juice into 2-cup measure. Add enough water to measure 1½ cups. Pour into small saucepan along with lemon juice, honey and gelatin. Heat, stirring, until gelatin is dissolved. Remove from heat. Add rum and almond extract.

Purée peaches in food processor or blender. Combine with gelatin mixture; place in shallow metal pan about 12x8 inches. Freeze about 2 hours or until firm around the edges. Pour into large mixer bowl and beat on medium-high speed until light and fluffy. Freeze in a covered container for another 1 to 2 hours. Garnish with lemon or lime peel, if desired. Makes 8 servings, about 45 calories each.

EARL GREY SORBET

Less calories in this unique dessert than plain tea with the two sugars and milk most people include.

2 cups water
¼ cup sugar
1 envelope unflavored gelatin
2-inch piece of lemon peel
4 Earl Grey tea bags
½ cup evaporated skimmed milk
1 tablespoon lemon juice
2 egg whites, at room temperature

In small saucepan combine water, sugar, gelatin and lemon peel. Heat, stirring, until gelatin is dissolved. Remove from heat. Add tea bags to mixture and steep 10 minutes.

Remove tea bags and lemon peel. Stir in milk and lemon juice. Pour into 12x8-inch pan. Freeze until firm around the edges, about 2 hours.

In small mixer bowl beat egg whites; set aside. In large mixer bowl beat tea mixture. Fold in whites. Place in covered container and freeze, about 2 to 3 hours. (If not used within 2 hours, beat again before serving.) Makes 8 servings, about 45 calories each. **End**



"Run for your life! The mashed potato gravy dam broke!"

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LAYERED SPINACH SALAD

KRAFT Grated Romano Cheese
3 crisply cooked bacon slices, crumbled
1½ qts. torn spinach
2 cups mushroom slices
1 cup red onion rings
10-oz. pkg. frozen peas, cooked, drained
½ cup KRAFT Real Mayonnaise
½ cup dairy sour cream
1 teaspoon sugar

Combine ½ cup cheese and bacon; mix well. In 2½-quart bowl, layer spinach, cheese mixture, mushrooms, onions and peas. Combine mayonnaise, sour cream and sugar; mix well. Spread over salad to seal. Sprinkle 2 tablespoons cheese over top. Cover; refrigerate overnight. **8 servings**



SCRUMPTIOUS SALADS.



It doesn't stop at topping spaghetti.

PARMESAN TACO SALAD

1 lb. ground beef
½ cup chopped onion
¾ cup KRAFT Barbecue Sauce
½ cup (2 ozs.) KRAFT Grated Parmesan Cheese

* * *

3 cups shredded lettuce
2 cups chopped tomatoes
¾ cup dairy sour cream
4-oz. can chopped green chili peppers, drained
¼ cup (1 oz.) KRAFT Grated Parmesan Cheese
Tortilla chips

Brown meat; drain. Add onion; cook until tender. Stir in barbecue sauce and cheese. Cover; simmer 10 minutes over low heat, stirring occasionally.

Combine lettuce and tomatoes; mix lightly. Combine sour cream, chili peppers and cheese; mix well. For each salad top tortilla chips with lettuce mixture, meat mixture and sour cream mixture. **4 servings**



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JUDITH

continued from page 72

played with her toes, cooing softly as if she knew that, because he was with her, nothing could go wrong.

As soon as she was big enough, he took her with him, perched birdlike in front of him on the English saddle, holding onto the reins over his hands. He taught her to love the feel and smell of horses, the names of trees and animals and he told her stories of Indians and settlers and war. They were inseparable.

Judith was ten years old in 1858 and

knees and race for the house, well aware that the huge iron dinner bell had long since been sounded and that she was once again late for supper.

In 1861, when Judith was 13, the War Between the States began. From this house she walked with her mother and father the mile to the town square one morning to join the other townspeople and watch the handsome, proud young men in Confederate gray ride off to do battle against their countrymen in blue.

When the officer in charge gave the order for the troops to move out, a mighty cheer went up from the crowd, and, over the din, one clear voice was heard. "Damn those Yankees!" It was Judith's. "Damn them, damn them, damn

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as she strained to see the last of the troops ride out of sight. The words were so familiar to her now that they held no impact: "spoiled rotten . . . uncontrollable . . . she's my daughter, too . . ." and because the three of them were surrounded in the courtyard by neighbors, they spoke in the same venomous softness that Judith sometimes overheard through her parents' bedroom door long after she was supposed to be asleep.

The war did not touch Judith in its first year, other than to fill her imagination with glorious fancies of brave, gray-coated young men on horseback who rode hell-bent into the face of battle, with no thoughts of their own safety, and certainly without any trace of cowardice, their swords flashing in the sunlight, their mouths opened to give voice to one continuous victory yell. She memorized the exciting, faraway name of the battle her father described to her: Bull Run, or the Battle of Manassas. There was no worry in his eyes, then, and certainly no fear.

But by the end of 1861, things began to change.

Robert Sheegog was at home, not because he lacked either courage or the desire to serve the Confederacy, but because his eyesight was poor; and the lines in his face deepened as the war news reached Oxford. There was little peace at home then, either. The days were long, beginning before dawn and ending after

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sunset, and the work was hard inside this big white house and in the fields around it. Most of the men, white and black, were gone away now to places like Kentucky and Virginia and South Carolina, familiar places Judith had read about but which now seemed not only strange and foreign but dangerous. Soap, tallow, cloth, sugar, even salt were scarcities, and they learned to do without them. Though the fine old silver remained on the sideboard in the dining room, it no longer shone. The fingers that had polished it now wielded hoes in the fields, and there was no one in the big house who had the time to notice or the energy to do anything about it.

Always, though, to the people here in Oxford, the war seemed far away. Then in the spring of 1862 it came terrifyingly close. The Union forces were at Shiloh, near Corinth, only 90 miles from here. For three balmy nights in early April of that year—Judith was 14 then—she sat up late in the front parlor with her mother and father, while the lamp burned low, its wick sputtering and smoking until finally her mother got up and blew it out, and they sat in darkness. A gentle breeze stirred the dusty, worn curtains at the windows and brought in the heavy, intoxicating scent of wisteria. They waited for news of the battle.

When word came the next morning, it was grim—news of the battle of Shiloh, and the Bloody Pond, the small, peaceful watering hole for cattle set in the midst of a peach orchard, in full bloom then, which after two days of battle had run red with the blood of the men and boys who had crawled there to quench their thirst (and spilled their lives into its waters), of repeated charges at The Sunken Road, of the death of General Albert Sidney Johnston. At Shiloh, the South had lost one of the major battles of the war.

Within a matter of days, the train and wagon loads of wounded and dying soldiers began to reach Oxford, both Confederate and Union, the Federal troops held prisoner on the trains. Many died en route and were buried alongside the railroad tracks in shallow, unmarked graves. As the train rolled into the Oxford depot at dawn, the moans of the wounded men sounded above the clangor of the wheels and the hiss of steam.

Judith, her mother and the other women of the town came to the station to meet this train. They waited silently, their faces ashen in the dawn, for the train to stop. As the heavy wooden doors slid open, the women gasped at the stench. They moved stiffly toward the boxcars. Judith swallowed hard to quell the sickness she felt rising in her throat. The Confederate soldiers were moved as quickly as possible to the university, where the classrooms had been converted into a hospital. Only a few were left to lie in misery in the cars. They *(continued)*



What does Lipton Noodles & Sauce do for simple, everyday dishes?

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Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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GF
GENERAL FOODS

JUDITH

continued

were Union soldiers, and even though wounded, they were kept under guard.

The soldier in charge of the train looked out at the women still standing in the station, their hands and dresses stained dark brown. He asked, "Is Colonel Sheegog about?" He raised his voice to a near hysterical scream. "I've got to have some help here! Where is Sheegog? If not him, then Jacob Thompson. Somebody has got to take charge. I've got to get back!"

Judith's mother spoke. "They're not here, Captain. They've gone up toward Holly Springs. Tell us what to do."

"Take these men home with you. They're helpless, you see. They won't give you any trouble. They're under house arrest until we can get them to Andersonville." He was already moving backward out of the station yard. "Just hold them till somebody comes for them." Before they could answer, he turned away and disappeared around the corner of the depot.

The three men in blue did not blink or cry out when they were moved into a wagon bed. "I'll drive home," Judith said, as she and her mother climbed into the wagon. "We can't take even one of them, Judith," her mother said softly. "Your father will never hear of it."

Judith urged the tired mule into motion. "We'll take just one, Mama," she said. The young one, she thought, the one with the sun-streaked hair.

Private Michael Johnson, of the Southern Illinois Volunteers, woke for the first time, three weeks later. His head did not hurt, and, after cautiously touching the heavy cloth bandage over his forehead, looked around the sunlit room. The ing was high, 14 feet, he would g and it was obviously a girl's room. delicate, though slightly threadl flowered coverlet that lay tossed ove legs; the closet door, ajar so that he c see the skirts of dresses and, most of the smell told him so.

The next time he woke, there wa tray beside his bed; the soup was and the door had just closed "Hello?" he called. Suddenly he come disoriented. Where was he? was his regiment? What had h after the last desperate charge Rebels?

"Hello," Judith answered, an the room. He looked much b she thought, not nearly so p quite so like a Yankee. And h beautiful.

"Where am I?" he said.

"Oxford, Mississippi. You've for three weeks. I've been wa

day and night." She stopped abruptly, blushed, and looked at the floor.

"Am I a prisoner?"

"You certainly are. And as soon as Papa gets home, you'll be sent off to Andersonville the captain on the train said."

He remembered it all now, the hideous ride, the unending trip when he wished for the blessed relief of death.

"How did I get here?"

"We brought you, my mother and I, because nobody knew what else to do with you."

He stared at her face, and when he spoke, he hoped that the eagerness which stirred within him at her words would not be heard in his voice.

"There's no one here except you and your mother?"

"They've all gone," Judith said. "Old Mr. Wilkins comes to check on you every morning. Papa left for Holly Springs the day you got here, and we haven't heard anything since. But he's all right. He's working in the commissary there. Papa always is all right. There ain't a damn Yankee in this land that could hurt my Papa." She glanced sharply into the handsome face and stammered, "I . . . I didn't mean you!"

She is a beautiful child, he thought. "My name, by the way," he smiled as he spoke, "is Michael Johnson, and yours?"

"I'm Judith Sheegog."

"How old are you, Judy?"

"Nobody ever calls me Judy. My name is Judith, you hear?"

"Yes, Ma'am," he replied. "Judith it will always be."

"I'm fourteen. How old are you?"

"I'm an old man, Judith. I was twenty-one on my last birthday, a century ago, in Illinois."

The talk was easy then, about school and h[illegible] them

about crops and families and hunting and springtime. When Judith's mother called from the bottom of the stairs an hour later and Judith picked up the tray and left, Michael Johnson knew how he was going to escape, and Judith Sheegog knew the man she was going to marry.

He was up and about the next day. Judith escorted him into the garden over her mother's protestations: "He's a prisoner, Judith. You hear me! And if he decides to leave, we can't stop him. Your father would die if he knew a Yankee was in this house, you know that. If we let him get away—well, I can't even imagine that."

"It's all right, Mama," Judith said. "He doesn't want to get away. Not now."

They walked and talked there in the east garden, and shared secrets and smiles for two days, always in daylight and under the constant vigil of Judith's mother. The gardens were beautiful, though untended that spring, wild flowers growing among the planted varieties, the colors riotous and the smells so heady that sometimes it was hard for Judith to breathe.

On the third day, Michael joined them at the supper table. He was not seated at the head—there was still no other man present—but across from Judith, at Mrs. Sheegog's left. As they finished the last of the cold cornbread and molasses, Michael carefully considered his reply to Mrs. Sheegog's question about his mother: "I can't remember much except she seemed so tall, with long, golden hair that she wore up in a bun mostly. Maybe I'm just remembering pictures I've seen of her. Maybe I can't remember her at all."

"How old were you when she died?" Mrs. Sheegog's face shone with concern.

"Two . . . two and a half." Michael hoped his face looked as sad *(continued)*





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JUDITH

continued

and vulnerable as he meant it to. His mother's memory had never existed for him, much less meant anything to him. Now he sensed that the moment had come for him to make his move.

"It's such a beautiful night," he said. "Could we walk in the garden just a bit? The three of us? We won't have spring in Illinois for at least a month yet." He stopped talking and allowed the silence to fill the dining room. Both women watched him get up from his chair and move slowly, awkwardly, around the table. "But then, of course, the Mississippi spring comes early, doesn't it!"

Mrs. Sheegog stared into her plate. Her mind was filled with pictures of the farmhouse somewhere in Illinois, of the son she had never had, of the girl-child she had borne.

"Go now," her voice was soft. "But don't be long. It will be dark soon."

Michael and Judith walked out the east doors of the dining room, into the garden. They heard Mrs. Sheegog moving back and forth between the kitchen and the house as she cleared away and began to wash the few dishes from their meager meal. Michael took Judith's hand as they stepped outside the circle of light and shadow cast at irregular intervals as Mrs. Sheegog moved from table to kitchen. They walked through the tall grass, heavy with dew, and the fireflies began to stir in the unseasonably hot night; with the sudden intrusion they swarmed, sparklers swirling around Judith and Michael like a thousand tiny stars.

"Michael, look! They're beautif[illegible] alw[illegible]

can't stay here, you know that. I've got to get back where I belong. Just for a while. Then I'll come back. I'll come back for you. Will you help me, please? I can't do this without you."

They stood at the edge of the tall cedars. The fireflies were everywhere. The whole night was on fire.

"What shall I do, Michael?" Judith's voice was a whisper.

"Nothing. Just stand here for a little while. Don't say or do anything. All right? And remember, I'll come back for you." Then he was gone.

Judith stood alone in the darkness. She blinked furiously at the tears that sprang to her eyes. She strained to catch one last glimpse of Michael. She saw nothing except the swirling patterns of fireflies.

Mrs. Sheegog stood equally still in the kitchen, the lamp shaded by her right hand. She, too, stared hard out the window into the night. She thought she heard a soft, muffled sound, a foot carefully placed on the bottom rung of the wood fence that surrounded the barnyard. Then she heard nothing. "He's gone!" She did not realize that she had spoken aloud. "And God speed."

"Mama." Judith spoke from the darkened dining room. Mrs. Sheegog walked the few steps across the yard that separated the kitchen from the main house, the lamp held high. As she entered the dining room, she blew out the lamp. Mother and daughter felt, rather than saw, each other. They did not touch as they moved slowly, yet with the sureness born of familiarity, through the darkened room, up the staircase, into the upstairs hallway. They paused briefly in front of Judith's bedroom and stared, sightless, at the doorway which led to the upstairs h[illegible] night [illegible] of

could barely be heard above the murmur of the wind in the trees.

"Good night, Judith."

Again, they did not touch. Each was thankful for the darkness. Neither could have looked into the other's eyes.

Robert Sheegog came home within a week. The furor over the escaped Yankee prisoner, Michael Johnson, was absorbed into the general frenzy of the war news. During the next few months he was all but forgotten in the talk of mounting casualties, lack of supplies, unsuccessful skirmishes, the growing realization and despondency in the South that the war could be lost; and by the end of 1863, Johnson was remembered daily, even hourly, by only two—Judith and her mother. Yet his name was never spoken.

Although the two women—for Judith was a woman by then, taller than her mother and with a new softness to her body that had not been there a year before—worked side by side the long hours of each day, no confidence was betrayed. Their secret remained unshared, if indeed either knew she held the other's thoughts and hopes and dreams in her heart.

Robert Sheegog became an old man before their very eyes. The defeat of his beloved Southland was a personal loss; he suffered great agonies at the news of each battle. Only his blinding hatred of the Yankees kept him going. As this destructive emotion grew within him, it consumed even the love he had felt for Judith and his land.

In the summer of 1864, terrifying news swept through the town. The Yankees were coming again. Grant had come in the fall of 1862 without damage to town or property, but this time the townspeople could raise little hope that they would escape again the ravages of war. General A. J. "Whiskey" Smith was the command- general. If the rumors *(continued)*



BANANA BREAD

1½ cups unsifted all-purpose flour
⅔ cup sugar
½ cup CARNATION® Instant Nonfat Dry Milk
2¼ teaspoons double-acting baking powder
½ teaspoon salt
¾ cup POST® GRAPE-NUTS® Brand Cereal
½ cup raisins
2 eggs, beaten
cup mashed, DEL MONTE® Banana (2 medium)
cup melted butter or margarine
cup water

our with sugar, nonfat dry milk, bak- owder and salt in bowl. Stir in cereal aisins. Combine eggs, bananas, but- d water. Add to flour mixture and st until all flour is moistened. Pour reased and floured 9×5-inch loaf ake at 350° for 50 to 55 minutes or ake tester inserted in center comes ean. Cool in pan 15 minutes. Re- from pan and finish cooling on Wrap in plastic wrap or aluminum d store overnight before slicing. 1 loaf.

Enjoy Delicious, Nutritious Breakfast Goodness Anytime!



CREAMY BANANA DESSERT

1½ cups POST® GRAPE-NUTS® Brand Cereal
¼ cup melted butter or margarine
2 tablespoons honey
2 medium DEL MONTE® Bananas, sliced
1 package (4-serving size) vanilla flavor pudding and pie filling
½ cup CARNATION® Instant Nonfat Dry Milk
1¾ cups water
1 package (8 oz.) cream cheese, cut in cubes

Combine cereal, butter and honey and spread ⅔ of the mixture in bottom of 8-inch square pan. Arrange bananas on cereal mixture. Combine pudding and nonfat dry milk in saucepan and blend in water. Add cream cheese and cook and stir over medium heat until mixture comes to a *full* boil. Remove from heat and beat with wire whisk until smooth. Pour into pan and sprinkle with remaining cereal mixture. Chill for 3 hours. Cut into squares. Makes 9 servings.

NUTRITIOUS SNACK IN A GLASS

1 cup cold water
¼ cup POST® GRAPE-NUTS® Brand Cereal
¼ cup CARNATION® Instant Nonfat Dry Milk
1 medium (very ripe) DEL MONTE® Banana
2 tablespoons honey
2 teaspoons lemon juice
4 ice cubes

Combine all ingredients in blender container. Cover and blend on high speed for 1 to 1½ minutes. Serve at once. Makes 2¼ cups or 1 to 2 servings.

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Allow 6-8 weeks for delivery. Offer good while supplies last.

JUDITH

continued

that ran through the small populace were correct, he would arrive on the morrow.

People were at first immobilized by their fear, then driven to frantic haste in the desperate rush to save what they could. Silver was grabbed from sideboards, thrown into croker sacks and hauled into pastures where women with heavy shovels dug furiously in the hard ground. They must bury it all, and when the silver was hidden, they rushed back to their barns, urged on by the mounting terror, to save the livestock, as precious now as silver to any family that was lucky enough to still own one cow or one pig or one mule. They led them deep into the woods, to hastily built pens, and worked frantically to camouflage these hiding places. By nightfall, though the town was dark and quiet, no one slept.

Judith sat at the long dining room table alone, her hands folded loosely in front of her. She, too, had spent the day at hard labor, but though her back and arms ached, her mind was at peace. She had waited patiently for two very long years. She remembered the days and nights, the hours and minutes when her thoughts had been filled with the memories of the young man with sunshine in his hair, her Yankee, her Michael. He would be here with her tomorrow. He would come. She knew it.

By this time tomorrow, she thought, I will be with him forever. And before she slept, she carefully laid out her one good dress, the white one with the bit of lace she had meticulously saved from her grandmother's handkerchief and sewed at the neckline and sleeves.

The town was overrun by the men in blue before the sun's first rays touched the face of the clock on the courthouse. For the people of Oxford, the day realized all of their fears. At first there had been only rumors, but by mid-afternoon, the people knew that General "Whiskey" Smith was going to burn the town.

Hysteria swept through the square. High-pitched wails of women and children mingled with the coarse shouts of Union soldiers. Blazing torches caught the dry timbers of stores and frame houses, and the clouds of black smoke billowed into the clear blue sky like low-hanging storm clouds. To the near deafening din of screams and cries and shouts were added the crackling and falling of heavy beams. When, for the people of Oxford, the whole universe seemed to have turned red and gold and black and searing, when the whole world seemed ended, Judith waited.

She had been waiting since long before dawn, dressed, her small carrying case hidden beneath the biggest magnolia, the one down at the end of the front walk, the one she had loved as a child, the one whose branches brushed the earth beneath and reached the sky above. But Michael did not come. She had been patient throughout the long morning hours and into the afternoon, as she listened to the sounds of horror, smelled the smoke and watched the wind deposit soot here on the window sills of the house.

At first she had thought, "He will come, I know it!" And she was serene with the stillness of heart and mind that comes only with believing. But as the day wore on and she sat motionless in the front parlor, staring out into the driveway, as the shadows of the big trees lengthened, and twilight was at hand, the first nagging, painful, sharp doubt pierced her. "What if he doesn't come?"

She turned her mind from the thought, but not so quickly that it did not cause her throat to ache and her breath to catch. She forced herself to be calm again, and her breathing quieted. The only sound was the grandfather clock in the hall, ticking away the hopes and the dreams of her life. "He will come, he has to," she thought. And then she made the first excuse. "He has not come yet because he cannot get away. He will have to wait until it's dark. He'll be here right after dark."

And then it was dark. Her mother and father came into the house, overcome not only with exhaustion but with despair. They did not see Judith as she sat still as death in the parlor. They did not talk as they made their way up the staircase. Judith's mother did not answer her father when he said, finally, "Well, at least the bastards are gone now. Every last one of them. And they won't be back. There's nothing here for them to come back for."

As they undressed for bed, they did not hear the front door open, nor did they hear Judith's light footsteps on the front steps. They could have seen her if they had looked out the side windows, down into the east garden, because she stood there for a very long time, looking around as if she were seeing the summer night for the first time, as if she had never seen the fireflies before, dancing and swirling about her, rising up out of the heavy dew and catching themselves in the cedars. Then she walked to the front yard and knelt beneath the magnolia, just for a moment.

They could have seen her if they had been looking. Or they could have seen the fiery path around her and behind her as she came up the front walk. They might have heard her as she came up the stairs. But they were almost asleep then. So they did not hear her door open and close. They did not hear it open a few minutes later, or hear her footsteps in the hall as she walked to the balcony. They did not hear anything at all, until the sound of the impact of her body crashing and breaking on the front steps jarred them from their beds. They rushed to the balcony and looked down on the body of their daughter.

She lay crumpled and still, like a child's rag doll thrown down in play, the folds of her white dress spread out over the porch, her long dark hair streaming down the steps behind her, her neck broken.

Robert Sheegog dug a shallow grave beneath the magnolia tree that morning, and he buried Judith there. No one from the town came, not even a minister. Nothing was known about the matter until much later. When her body was covered with dirt, Sheegog and his wife walked back up the walk together and entered the house—alone.

When Pappy finished telling the Judith story, you would get ready for what came next. In the breathless hush there on the front gallery of Rowan Oak, the darkness broken only by the low, flickering candles of the two jack-o'-lanterns, you would feel the other children in their costumes and masks begin to press closer together.

"Don't anybody want to visit Judith?" Pappy would ask. And you would hold your breath to make sure it would not be you who replied. When someone braver than the rest said, "I'll go, Pappy," you knew that Pappy would say, "Who'll keep him company?"

The bravest one would take a lighted candle and walk slowly toward the magnolia tree where the narrow, bare grave was. No grass or flowers ever grew on it, not even weeds. Judith had rested beneath the cold earth protected by the magnolia leaves for many years, except, of course, for the times that she came up out of her grave and walked, moved slowly around Rowan Oak, her feet barely touching the dewy grass, her arms outstretched, searching for her lost lover. Hallowe'en was one of those times.

As you and all the other children crowded along the brick walk behind the wavering candle flame, you expected at any moment to see a white figure hovering in the darkness, as always, beyond reach of the candlelight. You tried to feel secure in the knowledge that Pappy was sitting and watching on the front steps behind you, but adults could not be trusted any more than children at Rowan Oak at Hallowe'en, not even Pappy. If you turned and looked, he would be gone.

As you came nearer and nearer to the grave, you hoped with all your heart that Judith would not blow out the candle and leave you in utter darkness. Because when that happened, as it always did, there was a dreadful moment when your eyes opened wide to focus in the pitch black night, and you alone saw Judith walking toward you.

Then everybody else saw her, and everybody ran. **End**

Reg.: 11 mg "tar," 0.8 mg nicotine—
Men.: 11 mg "tar," 0.7 mg nicotine av. per cigarette. FTC Report Dec.'79.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



Kelvinator thinks being a good parent takes enough of your time. We want to give you some back.

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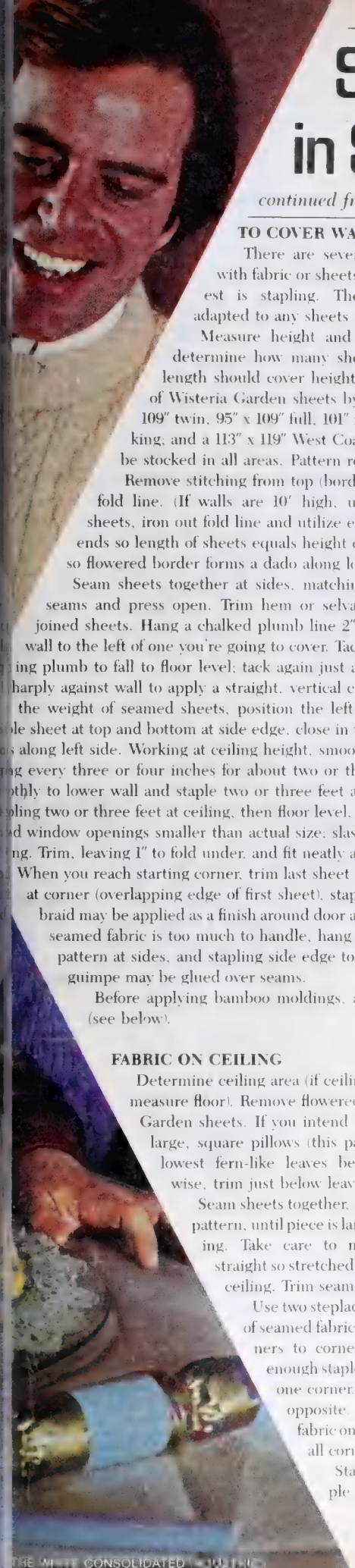


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Sleep in Style

continued from page 85

TO COVER WALLS WITH SHEETS

There are several ways to cover walls with fabric or sheets; the easiest and cheapest is stapling. These directions can be adapted to any sheets you use.

Measure height and length of all walls to determine how many sheets you'll need. Sheet length should cover height of wall. Finished sizes of Wisteria Garden sheets by J.P. Stevens are: 80" x 109" twin, 95" x 109" full, 101" x 117" queen, 119" x 117" king, and a 113" x 119" West Coast king, which may not be stocked in all areas. Pattern repeat is 36" wide.

Remove stitching from top (border) hem and trim along fold line. (If walls are 10' high, use queen or king size sheets, iron out fold line and utilize extra inches.) Trim other ends so length of sheets equals height of wall. We hung sheets so flowered border forms a dado along lower wall.

Seam sheets together at sides, matching pattern repeat. Trim seams and press open. Trim hem or selvage from outer sides of joined sheets. Hang a chalked plumb line 2" out from corner of the wall to the left of one you're going to cover. Tack close to ceiling allowing plumb to fall to floor level; tack again just above plumb. Snap line sharply against wall to apply a straight, vertical chalk line. With support the weight of seamed sheets, position the left edge along chalk line. ...le sheet at top and bottom at side edge, close in to corner, and at several ...s along left side. Working at ceiling height, smooth sheet around corner, ...g every three or four inches for about two or three feet. Stretch sheet ...thly to lower wall and staple two or three feet along bottom. Continue ...pling two or three feet at ceiling, then floor level, around room. Cut door ...d window openings smaller than actual size; slash at corner to fit molding. Trim, leaving 1" to fold under, and fit neatly around molding. Staple. When you reach starting corner, trim last sheet leaving 1" to turn under at corner (overlapping edge of first sheet); staple. Welting, guimpe or braid may be applied as a finish around door and window openings. If seamed fabric is too much to handle, hang sheets singly, matching pattern at sides, and stapling side edge to wall. Welting, braid or guimpe may be glued over seams.

Before applying bamboo moldings, attach fabric to ceilings (see below).

FABRIC ON CEILING

Determine ceiling area (if ceiling is same area as floor, measure floor). Remove flowered borders from Wisteria Garden sheets. If you intend to use borders to make large, square pillows (this page), leave 3¾" beyond lowest fern-like leaves before trimming. Otherwise, trim just below leaves.

Seam sheets together, matching tiny flowers in pattern, until piece is large enough to cover ceiling. Take care to make seams absolutely straight so stretched fabric will be smooth on ceiling. Trim seams and press flat.

Use two stepladders. To hold up weight of seamed fabric, temporarily staple corners to corners of ceiling, inserting enough staples to hold weight. Staple one corner, then corner diagonally opposite, then other two. Rest fabric on second stepladder until all corners are stapled.

Start at one corner and staple fabric out from corner along one wall two or three feet, inserting staples about every three inches. Move to adjoining wall (and second stepladder); stretch and staple fabric out from same corner two or three feet. Keep moving back and forth from one to the other so right angle walls are worked together, stretching fabric and stapling a few feet at a time. When corner of shorter wall is reached, finish longer wall to its corner. Continue working two walls together until you reach diagonally opposite corner from start. Keep tension on fabric equal. Have a staple remover handy if you staple too tightly.

Trim excess fabric around edges of ceiling; apply bamboo moldings.

TO APPLY SPLIT BAMBOO MOLDINGS

Measure distance around room to determine how much 3" and 2" dia. bamboo split for moldings to order. (Add extra to cover valance box if you have one.) At ceiling, apply 3" with 2" below; at floor, apply 3" with 2" above. Apply 2" at chair rail height above flowered section of sheet.

When growing, bamboo tapers toward its top, so poles are not the same diameter throughout the 12' length. The measurement given is the greatest diameter. Since bamboo is difficult to cut, be sure to have the poles split. If you can't find bamboo locally, the Bamboo and Rattan Works, 601 Jefferson St., Hoboken, N.J. 07030, will ship anywhere.

To cut split bamboo to length, use a hacksaw or electric saw with a fine blade. Cut ends may be butted to achieve full length; join will not be obvious if bamboo has been cut straight. Drill holes in bamboo for long, round-headed nails. Use a bit the same diameter as nail's shaft.

TO MAKE LARGE, SQUARE PILLOWS

Use borders cut from sheets used to cover ceiling for pillows. Remove stitching of top and side hems and iron out folds. Measure up from bottom edge 31", trim excess fabric from top of border. Measure 31" sections across the border and cut for pillow squares. Pattern need not be exactly the same on each pillow square.

Right sides together, machine stitch pillows ½" from edge. Leave 6" of one side open. Turn and stuff pillow. Close seam opening by hand.

Or, if desired, make welting for pillows from coordinating solid color sheet (check a sewing book for directions).

TO MAKE CURTAINS

Use sheets so that flowered border is at bottom. Hem of sheet will be bottom hem of curtain. Measure length of curtain rod, double measurement, add rod return (distance of rod from wall) plus 3" for side hems. This is *minimum* width for each panel; if sheets are wider, use full width. For length, measure from bottom of rod to floor, add 4" for buckram heading (if you want to pinch pleat), plus ½", or add sufficient inches for casing and heading.

Buy two sheets for each pair of curtains, and two solid color bone sheets in same size for linings. Buy 4" wide buckram (to stiffen headings).

Trim side hems from Wisteria Garden sheets and extra length from top. Trim side hem plus 1" from each side of bone sheets; use wide hem as hem of curtain; trim other end to length ½" shorter than Wisteria sheets. Place bone and Wisteria sheets right sides together, top edges even, bottom hemmed edge of Wisteria sheet extending ½" beyond hem edge of lining sheet. Pin side edges together (Wisteria sheet is 2" wider than lining), and seam ½" in from edge on each side. If you're making a casing, leave seams open at rod height. Trim seams and press open. Center lining so there is 1" of patterned sheet on each side. For casing heading, machine stitch across top of curtain ½" down from edge. Turn right side out, machine stitch across above and below casing. If making pinch pleats, cut buckram to finished width of panel. With sheets still wrong side out, pin lower edge of buckram to lining side, overlapping top of panel by ½". Machine stitch buckram to curtain panel. Turn panel inside out so buckram is between front and lining. Press smooth. Turn under at side edges at bottom; finish by hand.

Pinch pleat tops of curtain panels (check a sewing book for directions). Make matching tiebacks.

To Order Platform Bed Plans

To order plans for the platform bed on page 85, send $1 (no stamps) plus a self-addressed, stamped, legal-size envelope to: Dept. CK, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We will send you easy-to-follow directions, materials list and plan.

...GE WHITE CONSOLIDATED ... PUBLIC

You and Your Money

How to lower your telephone bills; what is the most common vacation allotment; how to file job-related sex discrimination suits.

By Sylvia Porter

You have written several times that among the fastest-growing occupations in the United States are computer services. But I read recently that job openings for computer service technicians are expected to total only 5,400 a year during the 1980s. That doesn't sound like "fastest-growing" to me.

You bring up an excellent point, and it does need clarification. "Fastest-growing" refers to careers (usually new ones) that are zooming, but these usually offer comparatively few job openings. Among these occupations, in addition to computer service technicians, are: occupational therapists, 2,500 openings annually; speech pathologists and audiologists, 3,900 openings annually.

In contrast are the occupations that are not growing the fastest, but which will be offering the largest number of job openings: secretaries, retail salesclerks, cashiers and building custodians. They're not "new," or "glamorous," but each is slated to offer from 100,000 to 300,000 jobs a year.

I've just received my notice of a two week vacation in July. I'm an office clerical worker and this is my first job. I had hoped for more. Am I expecting too much?

A vacation of two weeks (10 working days) after one year of service is still the most common vacation period given by United States businesses. Your boss is just matching the majority.

In reading about successful suits on job-related sex discrimination in the last couple of years, I now realize that a big corporation for which I worked practiced almost unbelievable job bias against me and other women in my department. I would like to file a complaint and think I can prove my case.

Although persons who believe they are victims of illegal discrimination are entitled to file a complaint, both state and federal laws have limits on the time for filing charges. It is imperative that charges be filed promptly. Write to the Women's Bureau, U.S. Department of Labor, Washington, D.C. 20210, for pamphlets covering your particular problem.

A telephone is a necessity for us, but are there ways to save on our phone bills?

Here are guides that I guarantee are money-savers for just about everyone.

- Consider buying your phone from an independent manufacturer, rather than renting it from American Telephone & Telegraph. Be sure the instrument is "type-approved" by the Federal Communications Commission, and that you tell your phone company you are installing it. You may still have to pay the phone company a (usually lower) monthly fee; you may have to have the phone company install it or at least a jack-plug for your installation. Check the warranty terms on any instrument you buy.
- Weigh downgrading your service, which probably includes a quota of local-area "free" message units. If you make few outgoing calls, you may be entitled to lower "budget" rates under which all outgoing local calls are charged as made. You might, though, be charged for such downgrading. Check your local Public Service Commission.
- NEVER call person-to-person! These are "Operator Assisted" and are most expensive, have high, three-minute initial minimums and rates apply 24 hours a day, seven days a week.
- Reduce all "Operator Assisted" calls, such as credit card and reverse charge types. They're cheaper than person-to-person but still more costly than necessary.
- Dial station-to-station direct. You often get one minute initial minimums, but even a three-minute station call saves about 54 percent under person-to-person rates; shorter calls are greater bargains.
- Call at "off" hours. A three-minute, five to 11 P.M., station-to-station call can be 70 percent lower than daytime person-to-person rates.
- Talk less—or faster. A one-minute, direct dial, nighttime station call saves 94 percent off the person-to-person rate.
- Write FCC, 1919 M. St., N.W., Washington, D.C. 20554 for "Owning Your Own Phone." It's free.

I have a good homeowners' policy that I have been counting on to protect me in the event of theft of my silverware. Recently I was told my silver is more valuable than I thought. I'm worried about what to do.

Most homeowners' policies have special limits for valuables and maximum limits for theft. Theft of silverware, for instance, is covered up to $1,000; of furs, up to $500; of coins, up to $100. Your claim would not be subject to these limits if your valuables are destroyed by such other covered causes of loss as fire, for example.



Check with your insurance agent about extending your coverage by attaching a personal articles floater (PAF) to your basic policy. There are many benefits to having a PAF that may more than justify the extra cost in premiums. Have a trusted appraiser give you an estimate of the value of your silverware; very possibly it could be way over $1,000. You should immediately investigate a personal articles floater to adjust your coverage. **End**

Gail Jones lost 22 pounds



and a lot of essential vitamins and iron.



While Gail Jones was busy cutting down on calories, she was also cutting down on important vitamins and iron. She should have known about Femiron® Multi-Vitamins and Iron.

Just one Femiron tablet each day has essential vitamins like A, C, D and the B complex. Plus all the iron needed to guard against iron-deficiency anemia.

Diet all you want. But for extra protection, take Femiron® Multi-Vitamins and Iron. You won't lose anything except weight.

Beauty Journal



June's a start-up month . . . sleek your skin for summer sun, enter your good-looks story in a contest.

Bikini Line Briefs

No doubt about it . . . summer's here! Savvy swimmers and sunners have already discovered super new suits (see "Great Bathing Suits," p. 86) that are racier and sleeker than ever. And more leg, more bareness call for extra grooming. Especially delicate: the oh-so-tender "bikini" line. How to keep it neat and sans stubble? Here's the latest smoothing news. ■ *Shaving* is simplest and easiest to do right after bath or shower when skin is soft and hairs are "plumped." No-nick tricks: Lather up with shaving cream or soap and *always* use a sharp razor. Which way to go? Shaving *with* hair growth is easier on skin, lessens chance of irritation. *Against* the grain, though, gives a closer shave. The choice is yours. ● *Depilatories,* in creams or lotions, keep "pricklies" away for an extra day or two—by removing hair just below the skin. For protection, slip on a pair of panties similar to your swimsuit line; follow directions exactly. Sensitive-skinned sunners should always do a patch test since depilatories contain chemicals. ■ *Waxing* will keep you hairless longest (about 3–4 weeks at first, 4–6 with successive applications). It's a simple process: warm wax is applied to skin, allowed to cool slightly, then stripped off, taking hair along with it. Do-it-yourselfers take note: You may find that getting the wax just the right temperature can be tricky *and* sticky. Unless you've mastered the technique, go to a professional for best results. ● Whether you shave, depilate or wax, hair does grow back—sometimes the "wrong" way, producing ingrown hairs. To prevent this and keep skin soft: Massage area gently with loofah, soft complexion brush or terry face cloth while showering.

Winning by a Hair

Think a minute . . . when you colored your hair, did anything change besides your looks? You may have an amusing, fascinating *and* potentially valuable story to tell. If so, Clairol wants to know about it. They've designated June as National Hair Coloring Month and, to celebrate, are sponsoring a contest—"How Haircolor Changed or Improved My Life." First prize is $1,000, two second prizes are $500 each and ten runner-up winners will receive six months worth of Clairol haircolor products to maintain their new looks. ● To enter, send your story (up to one full page) along with color photos marked "before" and a recently taken "after." It's not the drama of the change that counts, just your story. Include your name, address, telephone number. Indicate if coloring was done at home or in a salon. Deadline is June 30, 1981. All entries become the property of Clairol; decisions of judges are final. Send entry to: Clairol Haircolor Contest, P.O. Box 331, FDR Station, N.Y., N.Y. 10022.

What's New

Some allover health/beauty finds for inside to out good looks/feelings. ● Face facts—even a sunny noontime stroll can cause a too-rosy flush. Be ready: smooth on lotion/sunscreen. Skin Saver by Almay, 4-oz. tube, $5. ■ Keep cool under your breeziest dress with a panty made of Lita, a new fabric that combines the best of cotton and nylon. YOU briefs by Formfit Rogers, $3.75. ● Every beach baby knows how good that after-sun shower feels. To top it off: a sprinkling of sexy Scoundrel Perfumed Body Powder by Revlon, 4⅛ oz., $15. ■ Nicest thing for lips since kissing: luscious lipcolor/sunscreen in a go-with-everything shade, Coral Reef. Color & More Lipstick by L'erin, $2.75. ■ Why keep fragrance to yourself? Let the tingly scents of rose and jasmine linger throughout your home. White Linen Perfumed Room Spray by Estée Lauder, 2 oz., $8.50. ● Gel from the legendary aloe vera plant has softened skin for centuries. Updated version—Aloe Vera Liquid Soap by Yardley, 17.5 oz. (equal to 10 bars), $2.39.

Hair Fun



Pretty-as-a-picture barrettes (like the ones pictured here) can cost a mint. But with a dash of creativity and just a few materials, you can paint up a whole bunch—without spending lots. Besides creating an original "objet d'art," you'll have fun! ■ *You'll need:* metal barrettes (not plastic-coated), enamel model-airplane paints (think bright—vivid canary yellow, fire-engine red), a tiny brush or two, paint thinner or turpentine, clear nail polish. ■ *Go to it:* Work on a covered, well-lighted table. Paint the entire surface of the barrette in one color. While it's drying (about 20 minutes), sketch a few ideas. Best to stick with simple designs: hearts, dots, stars, stripes. The super-steady hand may want to try birds, flowers or more elaborate lettering. Work carefully with a small brush and/or toothpick. Allow to dry thoroughly, then slick on a coat of clear nail polish to shine and protect. ■ *Tip:* Make lots—to team up with summer sundresses or brighten a dreary day later on. Or stash a few pairs away to give when birthdays sneak up unexpectedly.

Illustration by Thea Kliros. Border by George Angelini.

Is Summer Sunlight Making You Look Older?



You've been looking forward to the leisure of summer, when your busy pace slackens a little and you have more time to spend relaxing with family and friends. And you've worked hard at looking your best this year. A healthy diet has put your figure back in shape (no more hiding under bulky clothes now that warm weather's here), and you've sparked up your wardrobe with some colorful new accessories. You've had your hair styled in a short cut that's cool and easy to care for and very flattering. You thought you were all ready for summer fun.

No wonder it's a bit of a jolt to catch an unexpected glimpse of yourself in a store window while shopping and realize that this year the bright summer sunlight reveals your age too easily. Or worse, shows up those little wrinkle lines so that you look even older than you are. And that's not all. Every single moment you spend outdoors, lolling on the beach, puttering around the yard, jogging in the early morning light, picnicking with the children in the park, steals away the vital fluids necessary for you to look your youngest.

Before another summer sunrise, discover the secret shared by younger-looking women around the world, the secret of a mysterious beauty fluid that can help you look younger too, even in the face of summer. Here in the United States the mysterious beauty fluid is known as Oil of Olay.®

You'll know the remarkable beauty fluid is unique the very first time you experience it. The delicately rich blend of tropical oil and precious emollients is similar to the natural fluids that are abundant in younger skin, fluids that must be in proper balance for you to look your youngest. Oil of Olay penetrates quickly, without a trace of greasiness, going to work instantly with nature to help replenish those vital fluids. Lavish the beauty fluid over your face and throat. Watch your skin drink in the skin-cherishing blend. Within seconds your skin feels wondrously soft and silky smooth as dryness is eased away. You'll see a fresh, healthy-looking glow, a renewed radiance you might have thought was gone forever. And, perhaps best of all, those give-away little wrinkle lines (and you know how they're accentuated by summer sunlight) begin to fade from view sooner than you'd believe possible.

The change you'll see reflected in your mirror day after day is so noticeable to other people that friends may mention you look terrific. But even if no one comments, you have that wonderful feeling of confidence that comes when you know you look your very best.

Millions of younger-looking women living in harsh, hot climates around the world, from the sun-swept beaches of Australia to the broad boulevards of Rio de Janeiro, wouldn't let a day go by without Oil of Olay as the heart of their daily beauty ritual. Join these knowledgeable women. Gentle on the beauty fluid first thing in the morning after washing or cleansing, to help replenish the essential fluids that time and the summer weather steal away every day of your busy life. Smooth on additional Oil of Olay anytime during the day when your face feels dry or taut to help maintain your skin's proper balance of vital fluids. Many women also treat themselves to the beauty fluid at bedtime, to let their weather-weary skin sleep for hours in a cherishing moist climate.



Discover the secret of Oil of Olay and discover how to look your youngest even under the summer sun, this year and every warm and wonderful summer to come.

BEAUTY SECRET

■ Want an extra-refreshing pickup after an afternoon on the beach or when you've finished a few fast sets of tennis? Tuck a bottle of Oil of Olay® Beauty Fluid in your portable cooler (right next to the mineral water and the carafe of fruit juice), for super-cool, tip-to-toe softening and soothing of summer-thirsty skin. Gorgeous!


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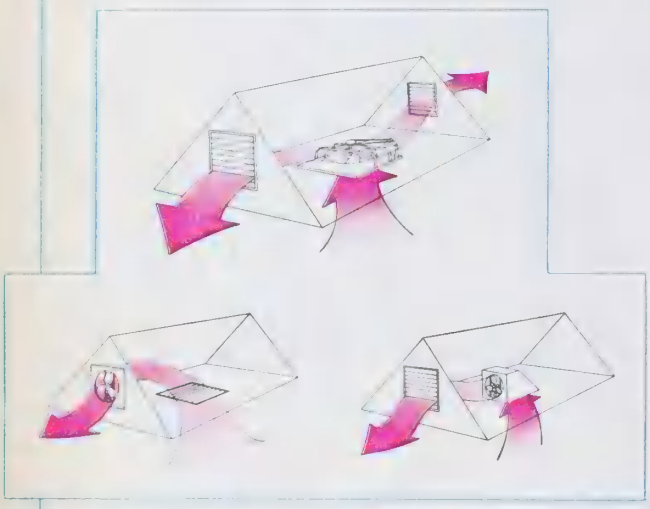
Also available: Soft Pack 85's and 100's



Regular or Menthol



HOME JOURNAL



Keeping Your Cool

Cooling your home in summer (without air conditioning) is a breeze when you know some simple fan facts. • A *whole house fan* (WHF), for instance, will pull cool, outside air in (and around) and draw hot, inside air out. Turn on in evening; off in morning and close windows, draperies. Illustrated above are three ways to install a WHF in your attic. (Check with appliance store or electrician about installation.) • Before you shop, do some homework. Multiply length x width x height of every room you want cooled (not including attic) to determine overall cubic feet. Compare this number with cubic feet of air moved (CFM) per minute listed on fan. The warmer your climate, the faster you'll want air to circulate. Hence, if you have 7,500 cubic feet of air to cool and live in the south, you'll need a fan with 7,500 CFM rating. In the north, you'll need only half that. • Nostalgic, but real energy savers, *ceiling fans* create gentle breezes, making you feel 6-8° cooler. Standard sizes: 36" and 52". On humid days, use low speed—it will cool less, but remove more moisture from air. • Install awnings on your home's sunny sides. • Window film will reflect up to 75% of sun's heat. Try reusable Scotchtint by 3M in silver, bronze, smoke.

June Is New Mattress Month!

If your mattress is making your spirits sag or your back creak, it's time to replace it. June's a great month to scout sales. • Bottom-line advice—buy the top-of-the-line mattress from a reliable manufacturer. Generally, a quality, full-size mattress has between 312-360 coils of 13-gauge wire. Beyond that, let your body be your guide. Don't be shy about curling up (or stretching out) in your usual sleeping position when testing. If you share a bed, shop with your partner. Roll around a little—the mattress should support shoulders and hips evenly. When you move near the edge, watch that it doesn't sag. Sit and then get up. Does it spring back quickly? Hint: Don't shop when tired—anything will feel good. • Look for sturdy damask ticking, side ventilation discs to permit air circulation, handles for easy turning (do so every few months). • To prolong its life, match mattress with a new box spring. Be sure bed frame has strong legs and crossbars to support the new set. • If looking for a foam mattress, do the same tests, but remember density, not thickness, counts here. *Latex* provides the best support, is also most expensive. High-density *polyurethane* can feel stiff, so it's often used between layers of standard foam. *High resilience* foam is dense yet flexible.



Bright Bath: Under $50.

Capture the feeling of a tropical rain forest in your bathroom. All, easy mail orders. From top: • To see clearly now . . . a cheery round mirror in red or green, $6.50. • Peek out from behind "Parrot Jungle" shower curtain, $19.95. • Keep it all together—toiletries, towels, etc. in big, stackable plastic bins, $2.95 each. • Step onto softness—plush bathmat in jonquil, $16.50. • Total: $45.90. See page 126 for mail order addresses.

Illustration by Rick Lieder courtesy of Hunter Fans. Photographs by Tom McCavera

Border by Raymond Ameijide.









ARRANGE OUR RANGE TO SUIT YOUR TASTE.

THE GE GRILL/GRIDDLE RANGE. If you're looking for more cooking versatility, the Grill/Griddle range from General Electric offers you more ways to cook than you can shake a spatula at.

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It's easy to install because it's a standard-size range that doesn't require any complicated duct work.

And just to make sure you cook happily ever after, we're including a cookbook full of delicious Grill/Griddle recipes.

So, if you find the GE Grill/Griddle range suits your taste, arrange to see your nearest GE dealer or call toll-free (800) 447-4700. In Illinois only, call (800) 322-4400.



WE BRING GOOD THINGS TO LIFE.

GENERAL ELECTRIC

The Journal's Balanced Look at Controversial Issues

BOTH SIDES

by Sherrye Henry

SEX EDUCATION IN THE SCHOOLS

Here, a rundown on the major points, pro and con, on the question of whether sex education should be taught in the public schools. BOTH SIDES think they have the answer. Compare the thought-provoking views.

FOR

NEED: Nationwide polls show that fully eight out of ten parents want sex education taught in the schools, while 30 percent wish they could take such a course themselves. Many concerned mothers and fathers feel woefully unprepared for the delicate task of discussing sexuality with their youngsters, and in fact, only 20 percent even try. Thus, when no curriculum is offered in the schools, an overwhelming majority of children glean their information (or misinformation) from each other and the media.

GOALS: The objective of good sex education is to promote emotional and physical health, as well as assertiveness—including the ability to say "No." By letting young people know we have faith in them and respect their opinions, we can nurture each student's pride in his or her own beliefs. This kind of personal commitment is extremely helpful for the adolescent attempting to resist peer pressure to have sex. Then too, an enlightened teen-ager often communicates far more freely at home. Research studies consistently show that when children talk with their parents about sex, they postpone sexual activity longer than do less-informed and less open youngsters—and if educated teen-agers do engage in sex, they tend to use contraception.

VALUES: Sex education is moral education in the sense that it aims to make students aware of their responsibilities as human beings. Naturally, however, no course would ever foist one particular value system on children. A well-developed program reflects the values of the community—even the most conservative elements—because parents are invited to help shape it. Indeed, their involvement is crucial to its success. Actually, sex education should be referred to as family life education, and is most emphatically not based on an acceptance of premarital activity. Of course, teachers must be well trained and material geared to the ages of the students.

IT'S VOLUNTARY: Attendance is not mandatory, and parental consent is required when a child enrolls in a course. Interestingly, though, to date only one to three percent of students have asked to be excused.

PROBLEMS ATTACKED: The incidence of teen-age pregnancies and venereal disease has risen dramatically over the last few years. While *(continued)*

PANELISTS: (PRO) Dr. Carol Cassell, Dir. of Ed., Planned Parenthood; Monsignor Leo A. Kelly, Dir. Family Life, Diocese of Trenton, N.J.; James Leck, N.J. Student Councils; Dr. Peter Scales, dir. of Advocates for sex ed.; Mary Lee Tatum, Dir., Va. schools sex ed., Susan Walsh, Chair, Family Life Ed., N.J. Board of Ed.

AGAINST

UNFOUNDED SUPPORT: The results of polls about the desirability of sex education in the schools are misleading because they don't reflect parents' profound concerns about how teachers are trained, and what materials are presented to children of varying ages. Also, in practice, parents generally aren't adequately involved in designing the courses and have little veto power over their content. The courses, therefore, become another example of government intervention into the life of the private citizen.

FALSE PREMISE: True, instruction in school about the reproductive process and hygiene is necessary and beneficial, but the emotional and ethical facets of sexuality—the human dimension—are more appropriately dealt with by parents and clergy.

DESTROYS VALUES: Sex education courses foster amorality. They turn children into secular humanists—in effect, atheists—because they discuss with equal tolerance such varied lifestyles as monogamous marriage and living together out of wedlock. The Bible, however, teaches the opposite: That God meant sex to be engaged in by married couples both for the purpose of conceiving children as well as for giving each other pleasure.

INCREASES SEXUAL ACTIVITY: Since contraception and abortion are explicitly dealt with, the very presentation probably causes an increase in sexual activity since values are not taught at the same time. Yet, no form of birth control is foolproof, so increased activity may only exacerbate teen-age pregnancy rates and also contribute to the spread of venereal disease.

IT'S EMBARRASSING: Students are often uncomfortable in sex education classes, and embarrassed by materials that sometimes border on the pornographic. So-called "open discussions" become "open confessions," and evaluatory questionnaires invade a child's privacy and family's integrity. Admittedly, an excusal policy exists, but the student who secretly wishes to take advantage of it is most often too humiliated and afraid of being ridiculed.

SOLVES NO PROBLEMS: Even the proponents don't claim the courses help minimize sexual activity. The goal of the programs is thus reduced to fostering a "positive attitude" toward sexuality—one which is *(continued)*

(CON) Bayleh Feder, Eatontown, N.J., teacher; Susan Henning, Douglass College freshman; Dr. Onalee McGraw, ed. consultant to Heritage Foundation; Liz Sadowski, State Dir. of N.J. Majority Women; Dr. Harry Vickery, Co-chair, N.J. Moral Majority and pastor of Heritage Baptist Temple.

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BOTH SIDES

continued

FOR

we have little hard data as yet on whether sex education will curtail this alarming trend (largely because so few programs have been instituted), all indications are that when youngsters are armed with facts, they will behave more responsibly in the long run. Ignorance about sexuality is eminently more dangerous than knowledge. After all, some teen-agers are going to have sex no matter what we do. The question is whether they will do so as informed citizens, or whether society will bear the brunt of their dangerous lack of awareness.

AGAINST

helpful within marriage, but outside of marriage, it goes against the core values that keep a society strong.

THE SOLUTION: A better approach to informing our children about sex would be to schedule time for each student with the school nurse, with parental approval. Library books could also be provided, and special education nights planned for parents who feel they need more information in order to talk with their teen-agers. In the end, schools should attempt to raise community consciousness about teen-age sexuality, but ultimately view sex education as the province of each individual family. **End**

Facelifts

continued from page 34

same operation. These modified procedures, where the incision goes from the ear north inside the hairline, will not give any improvement below the lower eyelid. Many people mistakenly think that a mini-lift will correct the cheek, the nasal labial folds, the jaw and the neck. Well, it won't.

Journal: I know that for an eyebrow lift the surgeon makes an incision along the eyebrow and cuts out a crescent of skin. How effective is this procedure?

Weiner: I personally don't perform that operation. It leaves a noticeable scar along the top edge of the eyebrow and the patient loses hair. Often she must pencil in her eyebrows.



The forehead lift, of course, is entirely different. I prefer that procedure if the eyebrows have sagged and the forehead is sufficiently wrinkled. During a forehead lift, I place the incision within the hairline at the top of the head and move up the whole area.

Journal: Are there new advances in facelifting?

Weiner: Until two or three years ago, the operation hadn't changed in three decades. Now new techniques, involving the platysma muscle in the neck, result in far better corrections with the stringy kind of neck, the double chin and the heavy, short neck. We are now able to give people necks and jawlines that are sometimes better than they've ever had.

If you're considering a facelift

Choosing a surgeon

Ask dermatologists, skin-care professionals or your family doctor for names of qualified plastic surgeons. Also friends, who have had the operation, may be particularly helpful.

You could also check the Directory of Medical Specialists at your local library. Another resource is the American Society of Plastic and Reconstructive Surgeons, 29 East Madison Street, Suite 800, Chicago, Illinois 60602. The society will send you names of qualified physicians in your area if you send a self-addressed, stamped, legal-sized envelope—or you can call (312) 641-0935. Be sure to request the names of those specializing in aesthetic rather than reconstructive surgery. You can also send a self-addressed, stamped, legal-sized envelope to the Office of the American Academy of Facial Plastic and Reconstructive Surgery, 70 West Hubbard Street, Suite 202, Chicago, Illinois 60610, for a pamphlet with advice on choosing a surgeon as well as explanations of what various procedures entail.

Doctor's fees

Nationally, a surgeon's bill for face- and eyelifts runs about $3,500 to $4,000, usually payable in advance. In big cities, the tab may jump to $5,000. Some physicians tack on a consultation fee of $25 to $75, depending on the city, and others charge $50 to $75 for photographs.

Hospitalization

The overhead cost depends on whether the operation is performed in a hospital, clinic or ambulatory surgical center. Check your medical-insurance plan, since an increasing number now cover hospital costs for elective surgery. If the eyelids operation corrects drooping skin that impairs vision, a medical insurance plan may cover either hospital or surgical costs, and in some cases both.

Taxes

According to Internal Revenue Service ruling 76-332, the facelift operation is deductible. **End**

Make this light 'n fruity pie in just 8 minutes with fresh fruit, COOL WHIP® Topping, and any flavor JELL-O® BRAND Gelatin. Delicious. Refreshing. Easy.

1.



Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice.

2.



Blend in Cool Whip® non-dairy whipped topping; then whip until smooth.

3.



Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 2 hours. Garnish, if desired.

Light 'n Fruity Pie

1 pkg. (3 oz.) JELL-O® Brand Strawberry Flavor Gelatin, or any other flavor
⅔ cup boiling water
2 cups ice cubes
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 cup fresh sliced strawberries (or sliced peaches, bananas or whole raspberries or blueberries)*
1 packaged graham cracker crust

*Optional

1 can (8¾ oz.) apricots, sliced peaches, drained and diced, or fruit cocktail, drained
1 can (8¼ oz.) crushed pineapple, drained



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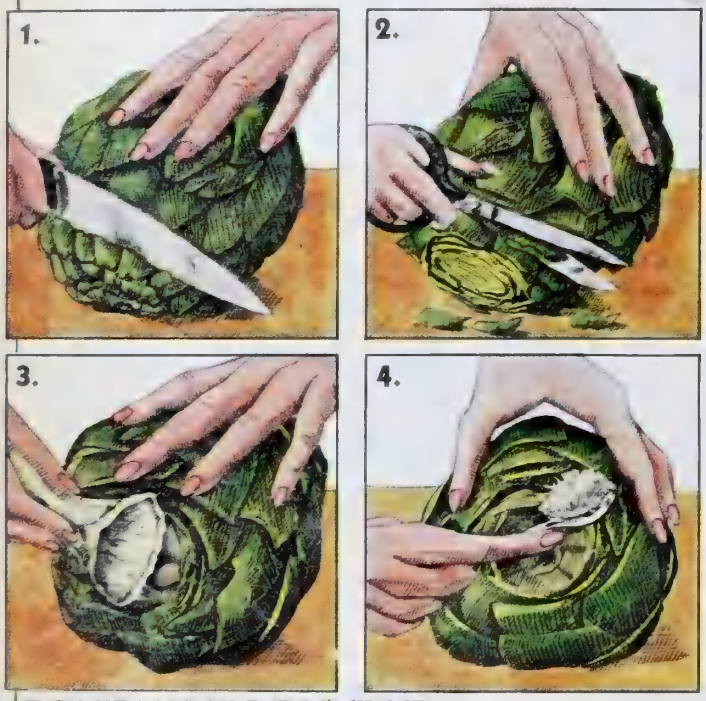
FOOD JOURNAL



STAR QUICKIE

Chicken Sorrento

Heat 3 Tbs. oil in skillet. Add 2 whole boned chicken breasts, split and flattened; a sliced onion and a sliced green pepper. Sprinkle with salt and cook 5 minutes, turning chicken once. Pour on 1 jar (16 oz.) Italian cooking sauce; cover and simmer 15 minutes. Serve with rice or noodles; for 4. Easy and delicious!



KITCHEN TIP: ARTICHOKE ARTISTRY

To prepare for stuffing: **1.** Start by slicing off tough top leaves trimming away stem with sharp knife. **2.** Snip tips from outer leaves with scissors. Cook upright in 2–3" of salted boiling water for 30-45 minutes. Drain upside down. **3.** Open leaves, pull out inner cone. **4.** Remove fuzzy choke with spoon. Spread leaves gently, fill with stuffing of choice.

EQUIPMENT ROUNDUP: EGG GADGETS

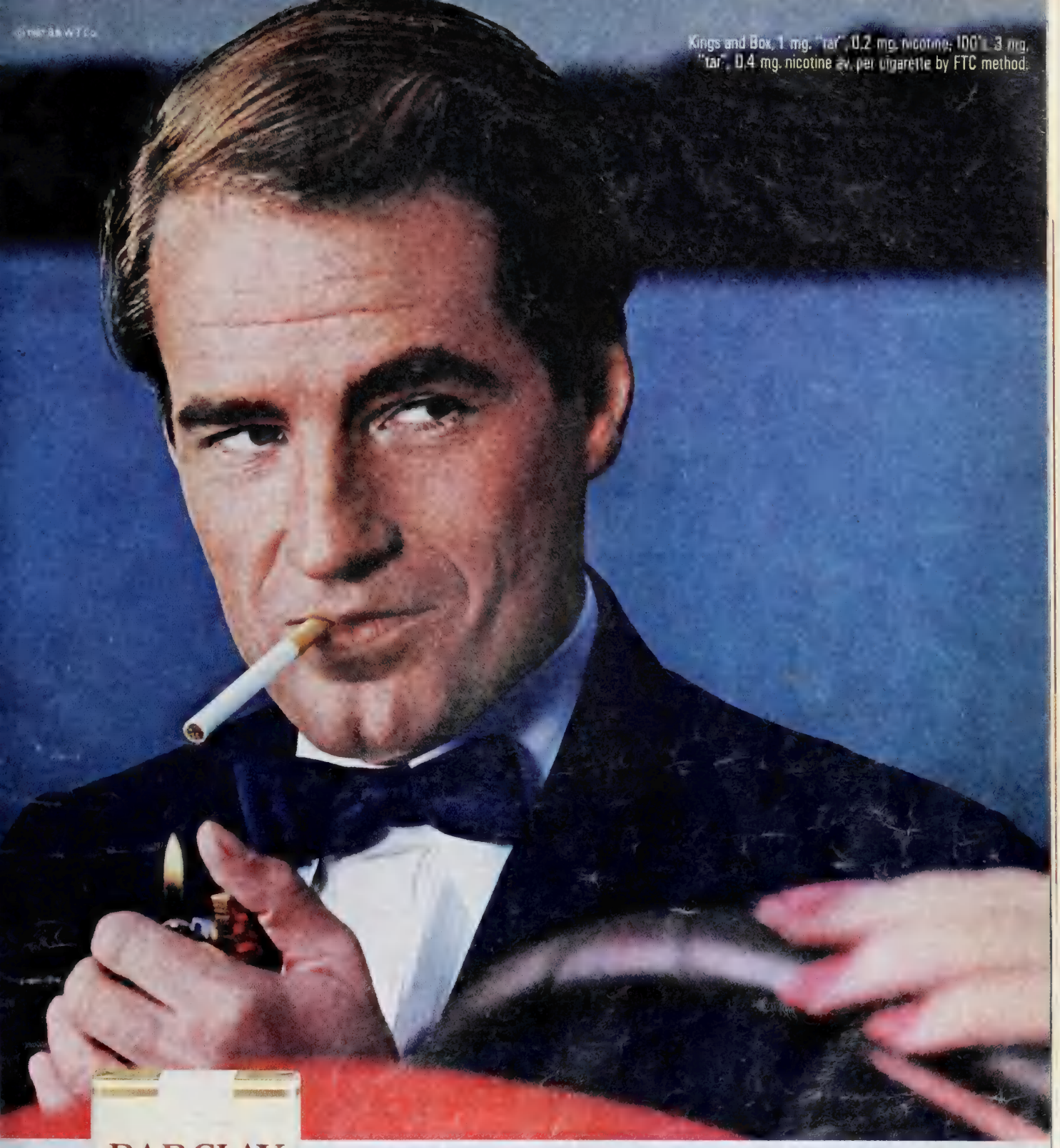
Any way you slice 'em, eggs are a basic food/miracle in our daily lives. Here, to help you along, some new or updated egg-cessories. Clockwise from left, *three for hard-cooked eggs:* • Quick slicer divides eggs into rounds. Good for sandwiches, hors d'oeuvres. $1.29. • Be a square! "Press" turns classic oval into a cube. Tuck in kids' lunchboxes for a chuckle or create talked-about canapés. $2. • Wedger makes neat segments for salads, garnishes. $5.50. *Three for soft-to-hard stages:* • For easier breakfast eating—a scissor/cutter to lop off the top of shell. $13. • To time the *perfect* egg, drop "Eggrite" into pan. Color change tells when soft, medium, hard. $6. • Piercer punches tiny hole in eggshell. Stops cracking when cooking. 79¢. Shopping info, page 116.

DIET DRESSING

Everyone knows that lush, summer salads are a dieter's standby. Problem is—how to dress them up without adding extra calories. Here's one delicious way: *Blissful Blue Cheese.* Combine in a blender or food processor: ½ cup plain yogurt, ¼ cup low-fat cottage cheese, ¼ cup (2 oz.) blue cheese, 1½ Tbs. white wine vinegar, 1 chopped green onion, ½ tsp. salt, ½ tsp. Worcestershire sauce. Blend until smooth. Makes 1 cup, about 20 calories per tablespoon.



Illustrations by Tom Catania, photograph by Dennis DiCharo, border by Kathy Krantz.



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SOME SERIOUS NOTES ON MOVING.

By Victor Borge

When you move, make sure your mail arrives at your new address right after you do.

The key is this: Notify everyone who regularly sends you mail one full month before you move.

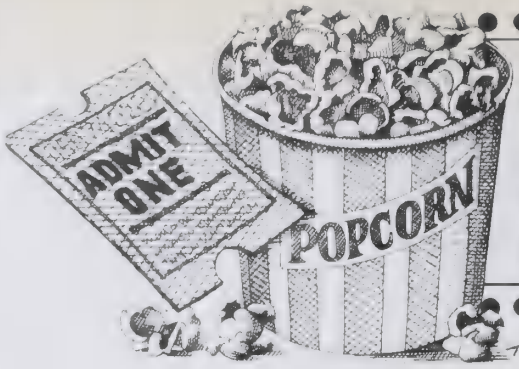
Your Post Office or Postman can supply you with free Change-of-Address Kits to make notifying even easier.

One last serious note. Use your new ZIP Code.

U.S. MAIL

Don't make your mail come looking for you. Notify everyone a month before you move.

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GENE SHALIT AT THE MOVIES

What to See & What to Flee

THE DOGS OF WAR. Christopher Walken leads American mercenaries hired to overthrow an African government in this version of Frederick Forsyth's best-selling novel. Brutal, riveting, suffused with the smell of truth.

AMERICAN POP. A full-length animated feature by the explosively innovative Ralph Bakshi. A cavalcade of American popular music expressed through four generations of entertainers. Realistic, exhilarating and definitely not Disney.

THE JAZZ SINGER. The 1927 classic corrupted by Neil Diamond, who acts almost as well as a herring walks. Laurence Olivier stumbles as his rabbinical father (accents will happen), and Lucie Arnaz is the girl who converts him from Deuteronomy to disco.

EYEWITNESS. A janitor (William Hurt) falls for a rich and social TV newswoman (Sigourney Weaver). Their appealing performances rise far above this ho-hum whodunit.

THE EARTHLING. William Holden and Ricky Schroder stuck in a listless, lifeless story about a lost boy and a dying man in the Australian wilderness.

FROM MAO TO MOZART. Isaac Stern, master violinist and masterful world personality, is the star of this breathtaking documentary filmed in China. You'll be astonished by the eight to 11 year olds who are virtuoso instrumentalists; by the leaping gymnasts, demonic Ping-Pong players, a Chinese orchestra tootling "Oh, Susanna," Peking vaudeville and enough glorious music to melt every heart. What a treat!

BREAKER MORANT. A taut and tingly courtroom drama based on an infamous court-martial. The odd name of this outstanding film refers to an army lieutenant named Morant, famous for breaking wild horses.

FORT APACHE, The Bronx. Paul Newman is compelling as an Irish cop, and Ed Asner is his captain in New York's crime-clogged South Bronx. The film is strewn with obscenities, drugs, prostitution and point-blank murder. Tough stuff.

SPHINX. Get out the rhyming dictionary.

POPEYE. Shelly Duvall *is* Olive Oyl, but the rest of this ramshackle production is spinach.

ALL NIGHT LONG. Barbra Streisand wanders into the life of Gene Hackman, manager of an all-night drugstore. She doesn't sing, she doesn't act, and she doesn't belong in this movie.

BACK ROADS. Sally Field and Tommy Lee Jones are wasted in a story that begins in Mobile, Alabama, and ends nowhere. Sally is a prostitute, Tommy Lee is a vagrant boxer, and *Back Roads* is a dead end.

THE POSTMAN ALWAYS RINGS TWICE. James M. Cain's hard-boiled American novel with Jack Nicholson as the drifter and Jessica Lange the seductive blonde. *The Postman* has no zip and fails to deliver.

THE FINAL CONFLICT. At last, the last of the Omen pictures about the devil Damien. Two hours of ho-humicides.

THIEF. A dynamic performance by James Caan as an ex-con safecracker specializing in diamonds. The picture, vividly written and directed by Michael Mann, is sprayed with strong language and the ending is wildly violent.

THE DEVIL AND MAX DEVLIN. A cheery empty diversion with Elliott Gould as a Californian who sells his soul to the devil, Bill Cosby. Produced by Disney for children, and for adults who don't want to think for 96 minutes.

CUTTER AND BONE. Alex Cutter has one eye, one arm, one leg, one wife and a roommate named Bone. They're mired in a murky mystery and they drink too much. **End**

Journal Shopping Center

DECORATING: SLEEP IN STYLE

PAGES 80–81: "Harvard Square" sheets, pillowcases and comforter by Martex.

PAGE 82: Sheets, pillowcases, comforter, ruffled shams, bedspread and draperies in "Wisteria Garden" by Angelo Donghia for Utica by J.P. Stevens. A "Milano" Plaza bed by Eclipse, a division of Namaco. For information write to Gail Garris, Perfection/Eclipse Sleep Products, U.S. Hwy. 78, P.O. Box 0, Carbon Hill, Ala. 35549. Angelo Donghia "Madison" armchair covered in Vise-Versa's raffia pattern, natural color; available through Donghia Furniture Co., L.P.D. 315 E. 62nd St., New York, N.Y. 10021. Table and desk from Walter's Wicker Wonderland, available through decorators. Moldings from Bamboo and Rattan Works, 901 Jefferson St., Hoboken, N.J. 07030. Brass-finish table lamp and floor pharmacy lamp by Alsy, available at department stores. All pottery and frame on desk by Limited Editions, available at better stores. Sisal matting and window blind from Azuma, 115 Fifth Ave., New York, N.Y. 10017. Candle holders from Sherman and Mixon, 404 Columbus Ave., New York, N.Y. 10024. Telephone: Bell System's Trimline, at PhoneCenter stores. Draperies and pillows made by Carl Rigby Studios, 150 W. 29th St., New York, N.Y. 10001.

PAGE 85: Antique tables, corner cupboard, brass bed from Delsa Hams Sugar Loaf Antiques at the Carousel Country Store, 312 Sir Francis Drake Blvd., San Anselmo, Calif. 94960. Stencil by Eddy Schmidt, Tiburon, Calif. 93272. Quilts and decorative accessories from Mary Strickler's Quilt, 936 B St., San Rafael, Calif. 94901.

HOME JOURNAL

PAGE 118: "Parrot Jungle" shower curtain, #N75-B4949 available from Spiegel, P.O. Box 6340, Chicago, Il. 60680 or call (800) 523-3090, or in Pa. (800) 562-6939. Mirror, #A613304 red and plastic bin, #A354937 red available from Conran's, Mail Order, 145 Huguenot St., New Rochelle, N.Y. 10801. Fieldcrest's Royal Velvet bathmat, 24"x36" in Jonquil available from B. Altman's & Co., P.O. Box 470, N.Y., N.Y. 10016.

FOOD JOURNAL: EGG GADGETRY

PAGE 124: Egg Cutter by Westmark Columbus, West Germany, $5.50, available at Bridge Kitchenware, 214 E. 52nd St., New York, N.Y. 10022. Egg Wedger by Cooks Tools, Ltd., Fair Lawn, N.J. 07410, $6.25, available at Macy's, Herald Square, New York, N.Y. 10001. Egg Piercer by Wecolite Co., Inc., Teaneck, N.J. 07666, 79¢, available at Macy's and wherever housewares are sold. Square Egg Press, made in Hong Kong for Sterling Novelty Products, 2139 N. Elston Ave., Chicago, Il. 60614, $1.99, available at department, hardware and specialty stores. Deluxe Egg Slicer by Kitchen King, Central Islip, N.Y. 11722, $1.29, available at department, hardware and specialty stores. Good Old Egg Cutter, made in Germany, available by mail order at Hoffritz for Cutlery, 515 West 24th St., New York, N.Y. 10011 and in all their stores, $13.00. Egg Timer by Wahl Instruments, Inc., Culver City, Ca. 90230, $5.99, available at department, hardware and specialty stores. All prices do not include tax.





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ADVENTURES IN FOOD

ASPARAGUS

A hardy guide to one of nature's kindest gifts to man.

Although there are many species of asparagus, from the thorny ones of Spain to the shiny ones of the Far East, asparagus is always something of a luxury because its season is short. There are also many differences in the way it is raised: French asparagus is cut near the crown when the top part has emerged above the soil; English and American asparagus is allowed to grow above the ground, which gives it its green color all the way down the stalk. Dutch and German ivory-tipped asparagus is always grown under mounds of soil, which helps to blanch it; it is cut as soon as the tips begin to show.

Whatever the color, the thick varieties of asparagus are the ones that are most prized. Those of Argenteuil, with their white stalks showing a purple tinge towards the top and their pointed green and purple heads, are considered to be the very best, certainly in France, but this does not stop England and America from believing their asparagus to have a superior flavor.

Thick or thin, the tips are the best part and this is the part to inspect when buying asparagus. The tips should be tightly furled with the scales close together, and none of them discolored or moist.

To prepare the asparagus, wash it well, cut off the hard ends and pare the lower part of the stalks with a knife or potato peeler, then tie the asparagus into two or three bundles. Bring a deep saucepan of well-salted water to boil, lower the bundles into it so that the stalks are in water and the tips in the steam, and boil as rapidly as possible. Cover with a loose dome of foil to help retain the steam and boil for 15 to 18 minutes, until the lower parts of the stalks are easily pierced with the tip of a knife. Don't overcook—they should be just tender when pierced and will go rather slimy if boiled too long.

Served warm, thick asparagus is good with melted or whipped butter or hollandaise, or with mousseline sauce, or *à la flamande* with halved hard-boiled eggs and noisette butter served separately. Served *à la polonaise*, the noisette butter—butter heated in a pan until it is a pale hazelnut color—is poured over the tips that have been sprinkled with finely chopped hard-boiled eggs.

In Italy, asparagus is eaten with Parmesan cheese and butter over the tips, and melted for a moment under a broiler. If served cold, mayonnaise or vinaigrette are the usual accompaniments. As asparagus contains a certain amount of sulfur it spoils the taste of wine, so save this for other courses. **End**

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"Introducing New Seven Seas® Buttermilk Recipe."

Alice, owner Alice's Galley





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dry mixes, measuring, or leftovers.

Just pour

At last, the delicious flavor of buttermilk dressing comes in a bottle. Tastes great . . . delicately seasoned, creamy smooth. Because there's real buttermilk in the bottle. Enjoy it soon.

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75 Years Ago in the Journal

"June is busting out all over" goes the song from *Carousel*. And in June 1906, the *Journal* followed suit—its pages bursting with lively, informative news.

Personalized Perfume. *For those who can't seem to find just the right fragrance—a 75-year-old recipe for making perfume from garden flowers.*

"One method is to place the leaves or flowers in a wide-mouthed bottle between layers of absorbent cotton, which are lightly placed and well-saturated with olive oil. Cover the top of the bottle with a balloon (today, try a plastic bag), securely tied, and set it in the heat of the sun for about two weeks; by this time the scent will have penetrated the cotton and thoroughly impregnated the oil with its perfume. When you desire to secure the perfumed oil thus obtained, subject the cotton to pressure by squeezing it between the fingers."

When Teddy Tripped. *Seventy-five years ago, the* Journal *published a* Personal *column—"little stories and anecdotes of famous men and women"—submitted by readers. Here's one a professor wrote about Teddy Roosevelt's school days.*

"An old Harvard instructor was recently telling some people of the time when Theodore Roosevelt was a student in his class. One day young Roosevelt was rehearsing a poem to be recited for public declamation. He got as far as a line which read: 'When Greece, her knees in suppliance bent . . .' when he got stuck and couldn't get any further. Again he repeated: 'When Greece, her knees . . .' and got stuck again. Once more he repeated the four words. Finally, the instructor said: 'Roosevelt, suppose you grease her knees again, and then, perhaps, she'll go.'"

Taking Time Off. *In June 1906, one* Journal *columnist emphasized the importance of "getting away from it all."*

"Remember that to travel away from ourselves is more important to each of us than to travel away from our homes. Go as far away from yourselves as you can this summer. Go into Nature's paths, or into some new thought-world. If you cannot go away to the sea, at least go there in thought; read about it, and find out about it, and learn to know it better. If you cannot get away to the mountains visit them in thought, visit them with a writer and be refreshed by their loveliness."

Food for Thought. *Here's some old-time advice on a modern concern—nutrition.*

"The puny, weak, peevish and badly behaved children, the lawless and ill-tempered, are always badly fed. Do not think too much about your food while you are eating; keep your mind on pleasant things. Do not worry while you are eating. The person who is constantly thinking of what he eats is apt to leave off this and that—under the impression that they disagree with him—until his bill-of-fare becomes injuriously restricted. An occasional feast and an occasional fast are really quite necessary to the natural mode of life."

Early to Bed. Sleepyheads take note—three quarters of a century ago the* Journal*'s medical writer admonished readers to get a good night's "beauty sleep."

"As a rule, ten P.M. is not too early for any girl to retire. If she is doing much mental work, or if she has fatigued herself to the point of nervous exhaustion—if, for instance, she is teaching school—then eight o'clock or half an hour later should be her retiring hour until she recovers her vitality.

"From all the experience that I have ever gathered from girls, I feel convinced that 'beauty sleep' is not a mere term, but that it rests on a sure foundation. I feel certain that the sleep before midnight is really more health-giving and a greater aid to beauty than any amount taken at any other time." **End**



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The Flowers of the Year

PORCELAIN MINIATURES COLLECTION

Twelve individually handcrafted porcelain sculptures — marvelous works of art in miniature — yours for just $17.50 each.

Please order by June 30, 1981.

Limit: One collection per order.

The magic of finely detailed miniatures has always fascinated collectors — perhaps more today than ever before. Now, at a time when miniatures are reaching new heights of popularity, Franklin Porcelain is proud to present *The Flowers of the Year Porcelain Miniatures Collection.*

This intriguing collection makes it possible for you to have a year-round garden in your home abloom with favorite flowers from every month of the year . . . 12 lovely varieties in all, each captured forever at the height of its beauty. And you can display this miniature garden on a small table, a mantel piece or in a corner cupboard.

Each month of the year is represented in the collection by a captivating bouquet, and each bouquet is an incredible example of old-world craftsmanship. For every petal and leaf of these whimsical bouquets will be painstakingly sculptured *by hand,* then *individually assembled* in a porcelain container. Next, the bouquet will be personally painted by a skilled artist.

The result is a collection of original sculptures in miniature that is amazing for its remarkable attention to detail, captivating for its charming approach to an ever-popular subject matter. And because each bouquet is individually handcrafted in the Capodimonte region of Italy by skilled porcelain masters, each is a separate and unique work of art.

Dainty bouquets to charm the collector

If you'd like to start a collection of fine miniatures, these sculptured porcelain bouquets are a perfect place to begin. Their intricate detail is fascinating, the floral theme has universal appeal, the designs are captivating and the quality of the sculpture is impeccable. The established collector will also find it hard to resist the intrinsic appeal of these dainty miniatures. In fact, arranged on an end table or grouped on a shelf, *The Flowers of the Year Porcelain Miniatures Collection* will enchant all who see it.

Because each bouquet in the collection is so different from the others, your friends may think you acquired them one at a time over a period of many years. But you can obtain this collection far more easily and conveniently. It will be sent to you at the rate of one bouquet each month. However, the bouquets are available *only* as a collection and *only* from Franklin Porcelain, with a limit of one collection per subscriber.

Affordably priced . . . just $17.50 each

The price for each bouquet is a modest $17.50 to be billed on a monthly basis. This favorable price is *guaranteed* for the entire collection. To add to your enjoyment, a booklet describing the flower portrayed will accompany each bouquet. A Certificate of Authenticity will also be provided with each collection attesting to its original design and handcraftsmanship.

Since it will take time to craft these porcelain miniatures, the subscription application below should be signed and mailed to Franklin Porcelain, Franklin Center, Pennsylvania 19091, by June 30, 1981.

SUBSCRIPTION APPLICATION

The Flowers of the Year

PORCELAIN MINIATURES COLLECTION

Please mail by June 30, 1981.
Limit: One collection per order.

Franklin Porcelain
Franklin Center, Pennsylvania 19091

I wish to subscribe to *The Flowers of the Year Porcelain Miniatures Collection* consisting of twelve porcelain flower bouquets, each a different original design. The bouquets will be individually crafted and painted by hand.

I need send no money now. The bouquets will be sent to me at the rate of one per month and I will be billed $17.50* each, prior to shipment.

**Plus my state sales tax and $1 for shipping and handling*

Signature

ALL APPLICATIONS ARE SUBJECT TO ACCEPTANCE

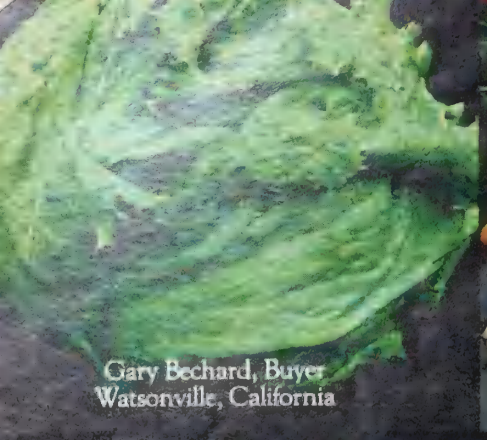
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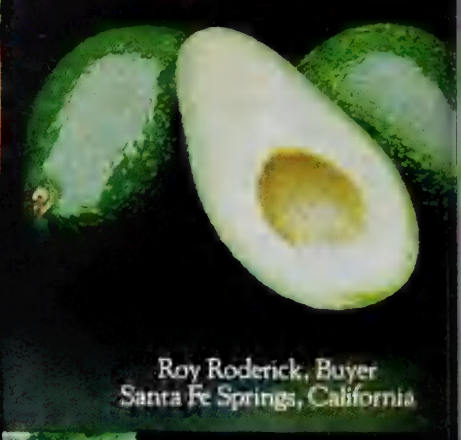
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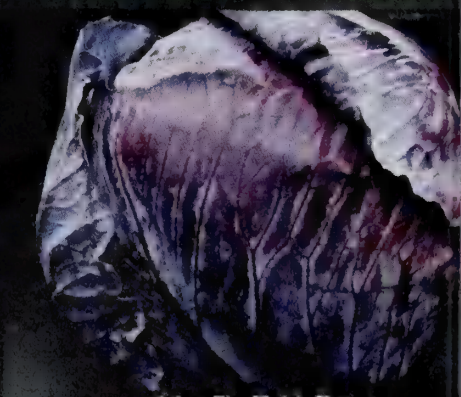
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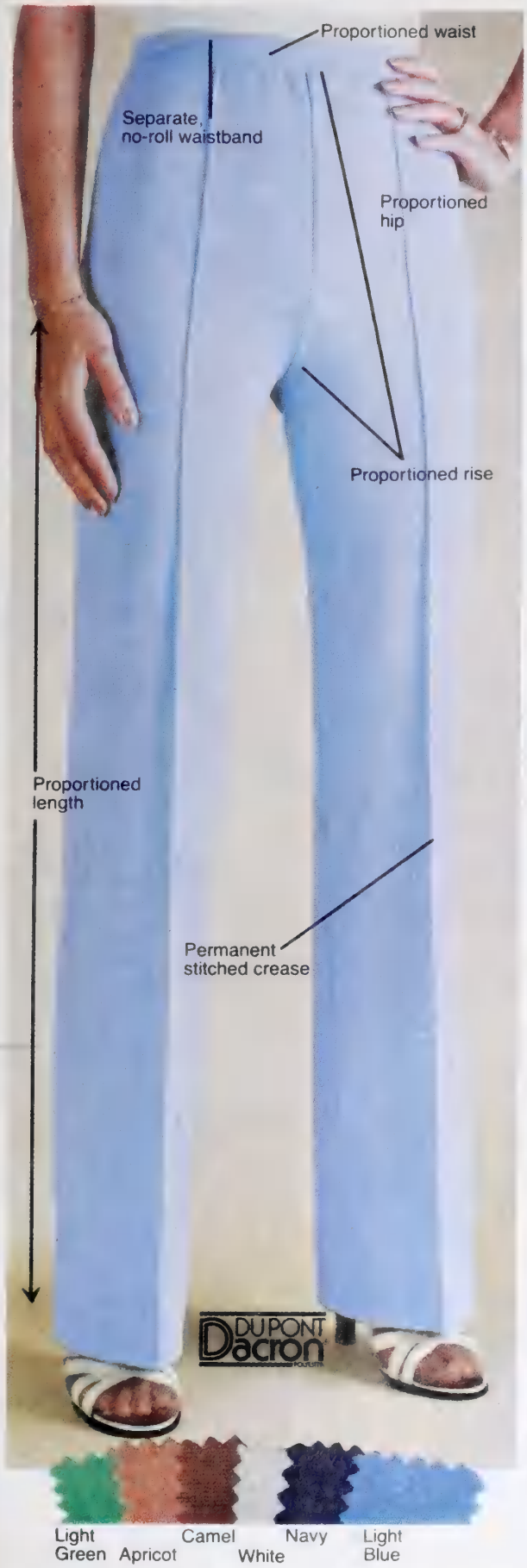
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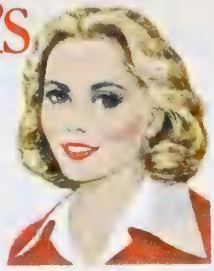
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DOLLAR'S WORTH from Mary Willis





Snack foods, skipped meals, eating on the run...all may represent a life style that can rob you of essential water soluble vitamins such as Vitamin C and B-complex vitamins. To help prevent these deficiencies, there's *Allbee® C-800.* Its special high potency formula contains 800 mg. of Vitamin C plus plentiful amounts of B-complex vitamins and one and a half times the recommended daily allowance of Vitamin E. Check the label and compare. You'll see it's one of the most potent formulations you can buy. Read and follow label directions. Also available: *Allbee® C-800 plus Iron.*



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Summertime for you is suffer time for your pet. Warm weather brings infestation of fleas and ticks that leave your pet itching, uncomfortable and unhealthy. Protect your dog or cat from this summertime scourge with a *Sergeant's® Sentry® V* Flea and Tick Collar. Only Sentry V works *two* ways. Most flea and tick collars protect pets by either dusting or vaporizing. But Sentry V packs the flea and tick killing power of *both* proven methods of protection. It effectively kills fleas and ticks and lasts five full months. No collar works better. Doesn't your pet deserve one? *Sentry V,* the remarkable flea and tick collar from the pet care people at Sergeant's.

Triple-Choice Shape-Up Diet

continued from page 75

June, but small size is a help on a diet. Make a fresh fruit cup including berries (allow ½ cup per serving), but stay clear of grapes and cherries. They are high in sugar and it's too easy to eat too many.

As the weather gets warmer, parties and outdoor living become more popular. On this diet, you can have 4 oz. of dry wine or 1½ oz. of alcohol up to three times per week. Otherwise, drink only club soda, diet tonic or diet soda. And be careful—do not nibble at parties. Steer clear of the nuts, chips, etc., and look for raw vegetables. If you're entertaining, go beyond the usual carrot and celery sticks and put out zucchini spears, string beans, cauliflower and broccoli flowerets, sliced turnips, snow peas.

Even the best dieters run into trouble now and then. Unfortunately, there is no control over eating except self-control. Many women have an increased appetite before their menstrual periods. If this happens, force yourself to get tough. For instance, don't keep any tempting foods in the house. If you have to nibble, turn to raw vegetables (keep them sliced and ready in the refrigerator). Also, many premenstrual women retain fluids. Do not be discouraged if the scale creeps up a fraction. Watch your salt intake and the extra weight will usually drop off within a few days after the start of menstruation.

In my many years of working with women who wish to lose weight, their most frequent complaint is, "I can't seem to control myself when I am upset or tense or nervous." The best solution I know for this is to take a bath. Yes, a warm bath . . . not a shower, which can be too stimulating. A bath has three main advantages. It relaxes your muscles, which is tranquilizing. Secondly, you can "think out" your problems in a calm environment—the bathroom—where there is no food nearby. Lastly, toweling off after a bath makes you instantly aware of your figure, which is usually enough to keep you out of the refrigerator.

Another excellent way to control boredom or the blues is with exercise. Exercise relieves tension "through the muscles." Whether you play tennis, swim, bike or just walk briskly, action helps. (See our "12-Minute Exercise Plan," page 76.) Exercise will also improve your posture. If you stand one inch taller, you will look five pounds thinner! And lastly, extra exercise means burning more calories. Rely on the diet to lose calories and look at exercise as weight loss profit.

Before you start this or any diet, be sure to check with your own doctor. After getting the go-ahead, here are some further suggestions to help you along. They all have to do with adopting a new *eating* style for the next five weeks. And, if you can incorporate these habits into your everyday life, you're on your way to maintaining the weight you want.

1. Divide the day into five basic eating periods: breakfast, lunch, mid-afternoon, dinner and late evening. You must eat three separate meals and two suggested snacks. If you want something during mid-morning, opt for a non-caloric beverage: tea, coffee or diet soda.

2. Portion control: Get in the habit of using a small postal or diet scale at home to weigh what you're eating. For liquids, use a measuring cup. Incidentally, measure ice milk and yogurt in a measuring cup, not by scale weight.

3. Always sit at a table when you eat. This means no snacking in the car, no street eating, no reaching for the hors d'oeuvres tray at a stand-up cocktail party.

4. Never eat while on the telephone. Long cords on kitchen telephones are the invention of the devil of fat!

5. Focus on your food when you eat. This means no eating while reading, studying, watching TV or a movie. The more aware you are of what you eat, the more control you will have. Do not underestimate the importance of this rule.

6. Stop sampling while preparing meals. Equally, do not eat after you have cleared the table. If the children didn't clean their plates, don't do it for them.

7. Eat more slowly. Spend at least 20 minutes eating a meal and enjoy each mouthful. This pace not only lets you concentrate on your food, but allows the absorbed glucose a chance to signal the hunger center in the brain that you are satisfied. Thus, you are able to eat less.

8. The SUPER-trick. Always leave *one* bite on your plate. One spoon of applesauce, one string bean, even one segment of grapefruit. This will teach you an important lesson: *you* are always in control of what you eat.

Be good to yourself this summer. Dieting can be exhilarating. . . and a challenge to pare off pounds and feel terrific. You have an opportunity to make this the best summer ever. But hurry, it's only ten pounds away. **End**

Diet Cooking Tips

- Instead of a squirt of ketchup to perk up foods, explore the vast world of mustards: whole grain, lemon-zested, green peppercorn and so on.
- Eliminate butter, margarine and oil. Cook (even "fry") in non-stick pans; baste with consommé, lemon or tomato juice.
- Use only lemon and/or vinegar for salad dressing. Diet Italian dressing is also okay, as is a store-bought "mix-yourself" dressing, which calls for vinegar and oil (substitute tomato juice for the oil).

I can always tell when Mom's on a diet. There's Unicap M® on the table.

Unicap M - it fills in vitamins and minerals you may miss by dieting.

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A little girl seems to sprout from baby to young lady—overnight—outgrowing outfits before your eyes. Easy solution: one-size dress to wear for years. No need to let out seams or hem—just loosen shoulder straps and elastic drawstring. • Shown here (left to right): as an overblouse for older girl (up to 28″ chest); as sundress for toddler; as bloomer top for five year old. • Kit includes easy-cut pattern and pink and white poly-cotton for dress/matching hat *or* dress/bloomers. Contrasting hat takes only ⅜ yard of another fabric. Stitch up other playtime or dress-up outfits in a jiffy from reusable pattern. Order below. By Ann B. Bradley, Craft Editor



Photograph by Barbara Bersell. Jeans by Wendy's Store. Design © 1981 Millie Hines. Hairstyles by Pat Carroll.

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Nancy Reagan

continued from page 71

into play. I went to the chapel and prayed. Having a few old and dear friends like Mike, Senator Paul Laxalt [R-Nevada] and Ed Hickey [Deputy Assistant to the President], and our son arriving at the hospital—and at my side when Ronnie came out of surgery—was a big help, as was the knowledge that our other children were coming from California. Those things were my strongest support.

Journal: *How has your husband's concern for your health been evidenced? Does he urge you to take it easy, to rest and try not to be upset?*

Mrs. Reagan: He tells me all the time to go home and get some sleep, and says I don't need to stay all day. He's always telling me to get some rest and eat more. He tells me that all the time.

Journal: *If you could speak directly to the children of this country, how would you explain what happened, and how would you reassure them?*

Mrs. Reagan: I feel terribly sorry for the boy's parents [the Hinckleys], but the whole thing still seems so unreal to me that I can't give a more exact answer than that.

Journal: *After this last attempt on an American President, the rest of the world may feel that America is insane. How would you reassure other countries that Americans are good, God-fearing people?*

Mrs. Reagan: I would tell them to remember Secret Service Agent Tim McCarthy and Officer Tom Delahanty and Agent Jerry Parr, all of whom showed tremendous courage. Jerry pushed my husband into the car and protected him with his own body, and Tim took the bullet that might have killed him [the President]. I told Tim's wife and parents that if it weren't for Tim my husband might not be alive. So you can't, because of one person, let your perspective of people in America be warped. The outpouring of love and affection since this has happened has been so tremendous. You can't judge a whole country by one man. You have to think about those other men who were so courageous.

Americans are good. . . . When you drive up to that hospital and see all those signs at the windows and know of all the prayers that are being said, you just can't possibly think that America is insane.

Journal: *As a result of the assassination attempt, do you find your views, attitudes or beliefs changed in any way? If so, how?*

Mrs Reagan: It takes a long time to realize what happened. You're in a period of unreality and almost in a state of shock. It will take time fully to comprehend what has happened.

Journal: *Have you ever found yourself wishing your husband was not President?*



Mrs. Reagan: Oh, yes, at times. But that was true even before this happened; but, by the same token, he has to do what he feels he has to do. I do believe that God put him here at this particular time in our country for a particular reason. So a wife accepts that and supports her husband.

Nancy has had much to accept. No sooner was Ronald Reagan elected President than the inevitable criticism of the new First Lady began. Americans have always scapegoated their First Ladies, regardless of political party, but even in an increasingly adversary and troubled society, Nancy Davis Reagan's treatment was unusually and persistently unkind.

Still, when I called to set up a *Ladies' Home Journal* interview, she said, "I'd like to meet you," and her press secretary arranged the date.

For our meeting that February day, she selected the beautiful old White House library. A bouquet of red and white carnations, snapdragons and freesias sat on the table as a huge fire roared theatrically against the dreary chill outside.

I had read somewhere that Mrs. Reagan made great whirling entrances. Instead, this tiny, luminous, wide-eyed woman with the perfect hair and famous smile walked in. "How do you do," she said, as if we had been friends for years. Only her clothes were theatrical.

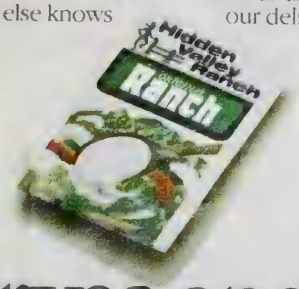
Her black shoes, gold hoop earrings, single strand of small gold beads, diamond wedding band and amethyst ring were simple enough, especially since she has lived in California, where diamonds are big as ice cubes and worn *en masse*. Yet in a city given to understatement—at least during the day—her suit was rather special: a quilted electric purple with black fur collar and cuffs.

We sat by the fire because, as she said, she is always cold, sometimes even wearing a sweater under blouse *(continued)*

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Nancy Reagan

continued

or dress. She was as informal, charming and relaxed as her devoted friends had insisted she would be. It was not long before she turned to the matter of the press.

"They said cruel things about my children and my mother and father," she said. "It started before I got to Washington. They never gave me a chance. They wrote things they knew weren't true. That was mean."

She singled out a reporter for a West Coast newspaper. Refused an interview with her 85-year-old parents, neither of whom has been very well, the reporter "retaliated," by describing Edith Luckett Davis, Mrs. Reagan's sprightly and deliciously witty mother, as "listless."

"I could kill her for that," the First Lady said, tears welling in her eyes.

The statement was strong, passionate and politically inept, but honest; a cry from the heart. I watched her eyes for the flint or steel others have seen there, and saw neither. I asked her what she was going to do about the criticism in general and the West Coast reporter in particular. She stared at me.

"You have to reach the point where you know what you are and what you've done," she said. "And you've just got to dismiss and forget, and try to go on with your life and your projects."

Even so, she has yet to achieve a feeling of tranquility or a tough enough hide to help her face such criticism. Clearly it has made her defensive, but if she is vengeful, she has yet to reveal her hand.

What she wanted to know was not *who* was saying those dreadful things about her, but *why*. From the beginning, media carping has been constant. Reporters wrote that she:

- Wanted the Carters out of the White House early so she could start redecorating.
- Planned to knock down a wall in the Lincoln bedroom.
- Had a cold relationship with her children and cut her son, Ron's, allowance in half for marrying the wrong woman.

Her answer was that she neither did nor said any of the thoughtless, petty things of which she was accused. What, then, could cause such vicious and vindicative accusations? Was it that she was a Republican while most reporters are Democrats? Or that she opposed abortion on demand and the ERA? Or because she gave up her career to be a full-time wife and mother when many women were doing the reverse?

"I think it's fine to have a career or not to have a career," she said, looking up, perhaps for confirmation. "I just wanted to be married. I have never said a woman shouldn't have her own interests. . . . My mother would kill me if she thought I didn't believe in doing something."

A nesting girl

In that familiar, shy, wide-eyed way of hers, she continued, "I'm a nesting girl. . . . I know it's old-fashioned, but my first duty is to be the best wife I can be. My family comes first. I'm going to be myself, me. I have to get Ronnie settled."

The first time I met Nancy Reagan was at the 1968 Republican National Convention in Miami Beach—at the height of the Vietnam War protests. It was very hot. Nobody was in a good mood, and by simply showing up at a press conference, Nancy Reagan became the journalists' delectation for the next day's papers. The questions were political, sometimes hostile and virtually hurled at her. Her hair was darker, shorter then and came down over her forehead. She looked fragile.

At one point, someone asked her a confrontational question about Vietnam and she said she didn't talk about political matters, that was not why she had come to the conference.

"If you don't want to answer the questions, Mrs. Reagan, why are you here?"

The color drained from her face. She turned, surprised,

to find the source of her torment. "I thought you wanted to know about me," she said.

At the time, I thought she was hostile. Looking back, I believe she was terrified. She was a scapegoat even then. She reads newspapers and follows television news, but she is not a serious student of domestic or foreign policy issues. Even when she recalls her college days, it is the social life, the romance, not the classes that evoke warm memories. She adored Smith College and, now, 38 years later, she still speaks of those student days with fervor.

"I was never involved in weighty subjects. At that time, nobody was. Oh, a few knew everything. The rest of us wondered who was going to take us to the next football game.

"I had my first romance in college. He was killed in the war. If he had lived, I would never have been an actress. I always wanted to be a wife and mother. I went to Smith thinking I'd spend two years and I stayed four."

But she was never particularly interested in what Smith had to offer academically. "I took a course (geology, to fulfill a science requirement) because it was a gut course, and that was the year they tightened it up. . . . I'm glad I never had to deal with chemistry or physics."

Again, the engaging laughter, the ease with which she pokes fun at herself. "I had a bike, which I couldn't ride. I walked to classes. Ah, but there were some advantages." She was all dazzling smiles, like a little girl with a secret. "On weekends, when boys came to the campus, other girls rode their bikes. I rode the handlebars."

Yes. She adored the Smith social life.

"I could never stand beer or Coca-Cola," she went on, "so I'd come home at night parched. Alcohol made me sick so I gave it up. I was only a social smoker. When Robert Taylor died [of lung cancer], I gave it up entirely."

I asked her if we might talk politics, and she shook her head. I wanted to bring up tax cuts, slashed budgets, Poland and the Russians, El Salvador, and the China Policy, about which Barbara Bush, with only a year at Smith, is exceedingly knowledgeable. She smiled and said no.

Not the kind of woman she is

But even if Nancy Reagan were an expert on such matters, she wouldn't talk about issues she perceives as sensitive or controversial. That is not the kind of woman she is nor what her husband's administration expects her to be.

"I figure my husband is well equipped to handle all that."

Nancy Reagan's own favorite projects—the federally funded Foster Grandparents' Program and drug detoxification projects—stem from her compassionate interest in children and especially children in trouble.

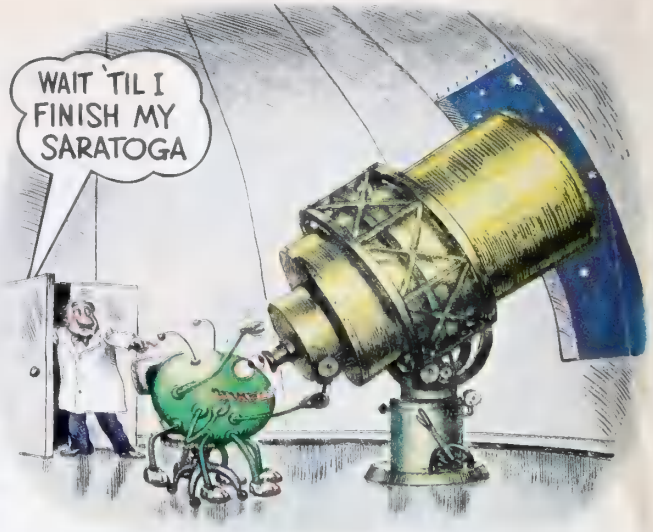
Her voice softens when she speaks of a small, oriental boy named George whom she met at a state hospital for severely retarded children during her first encounter with the grandparents' program. "I'll never forget him. He took hold of my hand and led me around. He stayed with me throughout the visit. It was painful for both of us when I had to leave."

She went home after that visit, she said, determined to help. "I talked with Ronnie, and he got it expanded into other state hospitals. We got ACTION to pick it up and fund it. I talked about the program all the time."

The Federal ACTION budget was among those her husband planned to cut. "Oh, yes," she said brightly, "the private sector should get involved. You know you can't always turn to the government for everything."

Her interest in health projects traces partly to her stepfather, Loyal Davis, a retired Chicago neurosurgeon. "I went into the operating room and watched my father in surgery," she explained. "As a doctor's daughter, I've always done a lot of hospital visiting. I was a nurse's aide during the war [WW II]. My first patient died on me. I was giving her a bed-bath."

By this time, the fire has more than merely heated the library, and Mrs. Reagan has removed her purple jacket. Her expensive black silk blouse is smashingly simple. *(continued)*



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GUILT: MODERN WOMAN'S OLD-FASHIONED BURDEN

Nancy Reagan

continued

Her taste and style have the fashion industry declaring that this First Lady is doing more for American clothing than anybody since Jacqueline Kennedy.

"When you grow up, you go through periods," she said. "There was a time when our daughter Patty wanted white lips and black around her eyes." She laughed at the memory. "I guess we all go through this until finally you find your own style. I'm small. I can be overpowered by clothes. I'm not a fussy, frilly girl."

Obviously she likes fashion, buys designer classics and wears them so many years, she said, her husband thinks she still owns her college gym suit.

But she was not about to be trapped into clothes talk. "Style," she said, "is deeper than clothes. It's an attitude, the way you look at the world. It's your concern for other people, your interests outside yourself, whatever makes you the person you are."

Author Truman Capote once said that you're either born with style or forget it, that it cannot be learned.

Nancy Reagan is not so sure. She believes in self-improvement. "To a certain extent, he's right," she said. "But if you really try you can look and learn."

Still, even in the area of style and fashion, Mrs. Reagan has been raked over the coals in some quarters for extravagance and rigidity. It was reported, for instance, that she had asked the White House staff women to spruce up, to wear skirts instead of pants to work. She was vehement in her denial. "I *never* said that. If somebody printed that, they were wrong." (The suggestion, in fact, came from a telephone supervisor while the Carters still made the rules in the White House.) She also had a ready defense to the flurry of negative publicity that greeted her choice of a $10,000 inaugural dress (a gift of her longtime friend and designer, James Galanos) along with a $1,000 jeweled evening bag and a $200 pair of evening shoes.

The ballgown would go to the Smithsonian for posterity, she explained, and the White House as well as its residents should stand for the best in America.

In some ways the White House has been a difficult adjustment for these outdoor-loving Californians. The Reagans have become accustomed to living a tropical life with windows and sliding doors opening onto sunny terraces and spacious gardens, with their beloved dogs romping around them. By contrast, the White House is a secure office building, in a colder climate, with an upstairs residence. Tourists wander through the public rooms. To go outside is to draw a crowd of spectators. There is no place to hide.

"Yes, and it's so dry," she said. "Everything's air-conditioned. We've had them open our bedroom windows so we can breathe. I guess I've lived in California too long." She is wistful, some would say stoic. "It's hard for me to remember how different it is here."

Different or not, the restoration of the family quarters goes on, and the public rooms are getting a throrough sprucing up. Furniture is moved and repaired. Paintings are rearranged. Soufflés are on the menu again, and the White House is going to be elegant.

"Absolutely," the First Lady said finally, eyes bright. "The White House should be elegant because"—she paused, seeking the right words—"because it's the White House," she said reverently.

Little did she know that day what terror and anguish lay ahead. Now, her efforts and those of her staff are dedicated not merely to the restoration of the White House but to keeping it a symbol of stability and security. **End**



"You're lucky I'm a veterinarian. You're sick as a dog."